

Eggplant Facts

By Josie Duke

Did you know?

- Salting and rinsing eggplant can remove the bitterness
- 1 cup of eggplant only has 20 calories and 11% of your daily fiber needs
- Eggplant is a berry, not a vegetable.
- They have the highest level of nicotine of any vegetable but not enough for concern.



Grilled Miso Eggplant

- Cut 1 lb eggplant lengthwise into 8 slices.
- Brush with 1 Tbsp olive oil and grill, turning, until golden brown and almost tender, about 7 minutes.
- Stir together 2 Tbsp white miso, 1 Tbsp reduced-sodium soy sauce, and 1 tsp honey.
- Brush eggplant with mixture and grill until tender, about 2 minutes longer.
- Sprinkle with 2 Tbsp fresh parsley and 1 Tbsp toasted sesame seeds.
- Serves 4.



Tips for picking the perfect eggplant

- Wrinkled skin means bitter
- Heavy eggplants for their size with smooth, taut, shiny skin are good
- Patches, scars or bruises on skin are signs of decay underneath
- Eggplant should be firm and bounce back when pressed with thumb

Vitamins and minerals found in eggplant:

- VITAMIN E IT PROTECTS TISSUE BY DAMAGE CAUSED BY CHEMICALS.
- VITAMIN K SUPPORTS THE BLOOD CLOTTING SYSTEM BY AIDING IN THE PRODUCTIONS OF NEEDED PROTEINS.