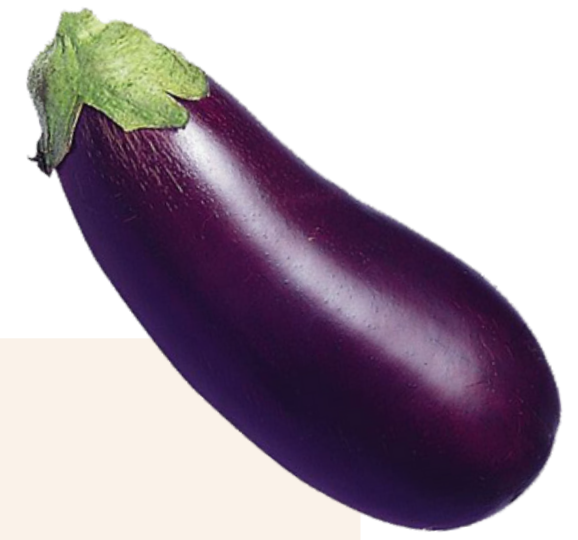




EGGPLANT



Eggplant is a fruit that may also be called an aubergine or a guinea squash. Eggplants are part of the nightshade family.

NUTRITIONAL INFORMATION

- Eggplant is high in fiber. One serving of eggplant can satisfy 5% of your daily fiber needs!
- Eggplant is rich in vitamins such as potassium, vitamin C, and vitamin B-6.
- Eggplant is a heart healthy food! They have shown to lower cholesterol levels with adequate intake.

HOW TO STORE

- The best place to store eggplant is in its natural state at room temperature.
- Storing eggplant in the fridge can reduce its shelf life.
- Eggplant can also be cut and frozen for up to 2 months.

HOW TO PREPARE

- Wash the fruit before preparing.
- Cut off the stem of the eggplant. Peeling the eggplant is optional!
- You may weep the eggplant before preparing it by coating the cut slices with salt for an hour to drain out the bitter juices.
- Eggplant can be eaten raw but is most commonly enjoyed cooked.

FUN FACTS

- Eggplants are actually related to tomatoes!
- Eggplants can be grown in different colors like white, green, and purple with white stripes.



Scan this code to view on the web.