



Kentucky Eggplant

Season: Late June to October.

Nutrition Facts: Eggplant contains small amounts of several important vitamins that are needed daily. It is very low in sodium and calories, with only 15 calories for a ½-cup serving.

Selection: Firm, heavy eggplant with smooth, shiny, deep purple skin. Choose medium size, about 3 to 4 inches in diameter.

Storage: Store as soon as possible in the vegetable compartment of refrigerator. Use within one week of purchase.

Preparation: Eggplant is a versatile vegetable and can be baked, broiled, grilled, fried, stuffed, or used in a variety of casseroles in combination with other vegetables. It works well with tomatoes, garlic, onions, and cheese. One pound equals 3 cups diced.

Eggplant should be peeled before preparation, unless it is very young and tender.

To oven fry: Peel and cut into ¾-inch slices. Coat slices with seasoned flour or bread crumbs. Place in oven at 350°F for 20 minutes.

To broil or grill: Cut into ¾-inch slices and brush with margarine or Italian dressing. Broil or grill for about 5 minutes on each side until eggplant is tender and browned. Remove from heat and sprinkle with grated Parmesan cheese.

To pan-fry: Wash and cut into cubes just before cooking as eggplant will discolor quickly.

Coat slices with seasoned flour or bread crumbs. Place slices in a non-stick skillet coated with vegetable spray. Gently cook on both sides. Eggplant will be crispy on the outside and tender on the inside.

To season: Use marjoram, oregano, allspice, chili powder, curry powder, garlic, or rosemary.

Eggplant Jambalaya

1 cup eggplant, chopped

½ cup banana pepper, chopped

1 medium onion

1 (4 oz) can mushrooms, sliced

Salt, to taste

Pepper, to taste

Garlic, to taste

3 to 4 teaspoons soy sauce

1 (14 oz) can chili-ready tomatoes, diced

2 cans red kidney beans

1 (14 oz) box brown rice, cooked

Combine eggplant, banana pepper, onion, and mushrooms in a skillet. Add salt, black pepper, and garlic to taste. Add 3 to 4 teaspoons of soy sauce. Simmer until onion is soft. Add tomatoes and heat through. Add beans and rice to vegetables. Simmer 5 minutes.

Yield: 6 1½-cup servings.

Nutritional Analysis: 370 calories, 12 g protein, 75 g carbohydrates, 11 g fiber, 2 g fat, 0 mg cholesterol, 250 mg sodium.

Prepared by Sarah Ball Brandl, Family and Consumer Sciences, Limited Resource Audience Program Coordinator, Robinson Station.

Adapted from Garden Guide, 1995, and <<http://southernfood.about.com>>.

For more information, contact your county's Extension agent for Family and Consumer Sciences or visit the Web site for Family and Consumer Sciences, College of Agriculture, University of Kentucky, at <www.ca.uky.edu/agcollege/fcs>.