

Eggplant



Eggplant gets its name from the white, egg-shaped variety, but you can find many different kinds available. Most have been bred to eliminate bitterness and can be cooked without much preparation. Their rich texture makes them a great substitute for meat, thickener for stews and sauces, and filling dish all by themselves.

Storage

Store in a cool, dry place if using quickly, or in the crisper drawer to extend shelf life. Wash and remove stem just before use. Eggplant can also be pre-cut and frozen raw for up to 3 months.

Cooking

Great marinated and grilled. Roast, bake, or use in soups, stews, and sauces. The peel can usually be left on and seeds do not need to be removed. Cook & puree to use as a base for dips & spreads.



Grilled Marinated Eggplant

Serves: 4 Total Time: 35 minutes

Ingredients:

- 1 large eggplant, cut into thick slices
- ¼ cup oil (olive or vegetable)
- ¼ cup vinegar (balsamic or red wine)
- 1 tbsp soy sauce
- 1 tbsp garlic powder (or 3-4 cloves, chopped)
- 1 tsp black pepper
- 1 tsp dried basil (or 2 tbsp fresh, chopped)
- ½ tsp red pepper flakes (optional)

Directions:

1. In a large storage container with lid, whisk together oil, vinegar, soy sauce, garlic, black pepper, basil, and red pepper flakes (if using).
2. Add eggplant slices, close tightly, and shake well to coat eggplant entirely with marinade. Let sit at least 30 minutes, or overnight.
3. Remove eggplant from marinade and drain (reserve liquid). Grill eggplant on a hot grill, 3 to 4 minutes per side, until eggplant is soft and lightly charred. Brush or drizzle with reserved marinade to keep moist.
4. Serve as a side, on sandwiches, or chop and add to pasta. Grilled eggplant can also be blended into a rich spread or dip.

