

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

# The produce of the week is...

## Eggplant

You can find POW! info sheets on the EHHD website!  
[www.ehhd.org](http://www.ehhd.org)  
Look for  
**Produce Of the Week**



What veggie has improved in flavor after many generations?

### EGGPLANT!

- ◆ Look for a symmetrical eggplant with smooth, uniformly colored skin. Tan patches, scars, or bruises indicate decay. Also avoid eggplants with wrinkled skin.
- ◆ Oversized purple eggplants, usually over 6 inches in diameter, may be tough and bitter.
- ◆ Store eggplant uncut and unwashed in a plastic bag in the cooler section of the refrigerator.

Source: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

### Nutrition Facts:

- Eggplants contain no fat, sodium or cholesterol.
- A typical serving size is 1/2 cup, which contain about 15 calories.
- Dark purple eggplants are the most commonly sold variety in the United States.

### PICK YOUR OWN!

- ◆ Boticello Farms  
209 Hillstown Road  
Manchester, CT 06040  
Phone: 860-649-2462
- ◆ Eggplants are in season from August through October.

## Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and have at least 5 servings of fruits or veggies each day.

Day 1



Day 3



Day 5



Day 6



Day 4



Day 2



Day 7



4 S Eagleville Rd ♦ Mansfield CT 06268  
860.429.3325 www.ehhd.org

# Try these delicious, nutritious and healthy recipes!

## Stuffed Eggplant

### INGREDIENTS

- ♦ 1½ cups bread crumbs
- ♦ 2 eggplants
- ♦ 2 tomatoes, diced
- ♦ ½ cup green bell pepper, diced
- ♦ ½ cup onion, diced
- ♦ 1/3 cup celery, diced
- ♦ 1/8 Tbsp. salt
- ♦ ¼ Tbsp. black pepper
- ♦ 2 Tbsp. fresh parsley, minced
- ♦ 2 Tbsp. parmesan cheese
- ♦ Vegetable cooking spray

### DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Cut eggplants in half lengthwise. Scoop out and save the flesh, leaving the shells 3/8-inch thick. If necessary, trim a small piece off the bottom of each shell so it won't tip over. Set aside.
3. Coat large skillet with vegetable cooking spray. Chop up reserved eggplant and add to skillet. Add tomato, bell pepper, onion, celery, salt, and black pepper. Place skillet over medium heat; cover and cook about 5 minutes, until vegetables are tender.
4. Remove skillet from heat. Stir in bread crumbs and parsley. Spoon mixture into the eggplant.
5. Arrange stuffed shells in a shallow baking dish coated with vegetable spray. Sprinkle 1½ tsps Parmesan on top of each shell. Bake for 25 minutes, until filling heats through and top is golden brown.

## Baba Ghanoush (Eggplant Dip)



### INGREDIENTS

- ♦ 2 large eggplants (1 1/4 lbs)
- ♦ 2 Tbsp tahini
- ♦ 4 cloves garlic, peeled and crushed
- ♦ 3 Tbsp fresh lemon juice or more to taste
- ♦ 4 Tbsp cold water
- ♦ 1/4 tsp salt
- ♦ 1/8 tsp freshly ground black pepper
- ♦ 1/2 tsp olive oil
- ♦ 1 cup chopped tomato

### DIRECTIONS

Pierce the eggplants in several places with a toothpick or fork. Wrap each eggplant in aluminum foil and place on a gas grill or in the oven at 500°F. Cook until the eggplants collapse and begin to release a lot of steam, about 10-15 minutes. Remove the foil and place the eggplants into a bowl of cold water. Peel while eggplants are still hot and allow them to drain in a colander until cool. Squeeze pulp to remove any bitter juices and mash the eggplant to a puree. In a food processor, mix tahini, garlic, onion, tomato, lemon juice, and water until mixture is concentrated. With the blender running, add the peeled eggplant, salt, pepper, and olive oil. Serve in a shallow dish and garnish with pepper, tomatoes, and parsley.

Source for recipes: [www.allrecipes.com](http://www.allrecipes.com), [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

**Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!**