

EGGPLANT



STORAGE

Keep it in the refrigerator for up to 1 week.

HELPS SUPPORT

Digestion.

HOW TO USE

Add grilled, sliced eggplant to a lean burger or a sandwich; add it to a vegetable stir fry.

COLORS

Purple or white.

ROASTED VEGETABLES

Servings: 6

Preparation Time: 40 Minutes

INGREDIENTS

- 2 eggplants
- 2 bell peppers
- 3 teaspoons of oil
- ¼ teaspoon of salt
- ¼ teaspoon ground black pepper
- 1 tablespoon vinegar



INSTRUCTIONS

1. Preheat oven to 375°F. Rinse and dry the eggplant with a paper towel.
2. Cut eggplant into ¼ thick inch strips. Cut bell peppers into ¼ in width strips.
3. Coat a baking sheet with 1 teaspoon of oil, and put pieces of eggplant and bell pepper on the baking sheet in a single layer.
4. In a small cup, mix 2 teaspoons of olive oil, salt, and pepper, then drizzle it over vegetables.
5. Cook them in the oven for about 30 minutes, until they are tender and soft. Then remove them from the oven and cover them lightly with vinegar.

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