



MyPlate suggests
making half your plate fruits
and vegetables.

<http://www.choosemyplate.gov/>

Eggplant

Did you know?

Eggplant is available all year long!

One cup of eggplant contains only 35 calories.

Eggplant is a good source of fiber so you stay fuller longer.

Fun Fact!

Eggplant may help reduce the risk of some cancers.

FIGHTBAC!

Clean: Wash hands
and Surfaces Often

Separate: Don't
Cross-Contaminate

Cook: Cook to Proper
Temperatures

Chill: Refrigerate
Promptly

<http://www.fightbac.org/>

What am I looking for?

- Look for firm, heavy, smooth and uniformly purple eggplants.
- Wash eggplant well before use.
- Avoid eggplant which are poorly colored, soft, shriveled, cut or which show decay in the form of irregular dark brown spots.

Scrumptious Grilled Vegetables

Cooking spray

1/2 red pepper, cut in strips

8 medium asparagus spears

8-10 fresh string beans

1 medium-large zucchini, sliced lengthwise

Optional Other Ingredients:

Eggplant, onions, summer squash, green pepper, and sliced apples

Clean vegetables, cut into strips or squares, and lay on grill pan. (You may lightly spray your nonstick pan with canned olive oil, but very lightly.)

Cook vegetables over medium heat. Turn them (with plastic clamps or turners) about four times during cooking. Cooking time varies. Start with beans, asparagus, and pepper; after five minutes, add the zucchini. If you want to cook eggplant, it takes a bit longer and will get limp.

Preparation Time: 5 minutes

Cook Time: 10-15 minutes

Serves: 4

Nutrition Facts:

Calories: 85

Total Fat: 0 g

Cholesterol: 0 mg

Sodium: 4 mg

Total Carbohydrate: 8 g

Protein: 2 g

<http://healthyliving.tamu.edu>

Fill the plate below with drawings of your favorite fruits and vegetables.

