

THE EGGPLANT

This colorful veggie is a cross-cultural, healthy and delicious addition to your garden



"EGG"PLANT?

The name "eggplant" comes from eighteenth century cultivars of the plant that were pale yellow or white and resembled goose eggs. In Western Europe and the UK, the eggplant is called "aubergine".

Closely related to the tomato and potato, the eggplant is a part of the nightshade family. The fruit of the eggplant is technically a berry and can range in shape, size and color. Because of its origins and versatile texture and flavor, the eggplant is eaten all over the world!

**CELEBRATING THE
EGGPLANT**

**FUN FACTS AND
RECIPES**



EGGPLANT RECIPES

There are endless ways to enjoy this veggie; here's a healthier twist on eggplant parmesan!

inspired by Anna from crunchycreamysweet.com

Crispy Baked Eggplant

Ingredients:

1 tablespoon olive oil

1 large eggplant

1 egg

1 tablespoon water

1 cup dry bread crumbs

1 tomato, chopped

1/2 cup grated Parmesan cheese

Step 1: Preheat oven to 400 deg F. Grease a baking sheet or pizza pan with olive oil.

Step 2: Slice the eggplant into 8 round slices, each 1/4-1/2 inch thick. In a small bowl, whisk together the egg and water. Place the breadcrumbs in a separate small bowl. Optionally, you could stir dried herbs into the breadcrumbs at this time (like oregano, basil, garlic powder, onion powder, pepper, etc.)

Step 3: Dip the eggplant slices one at a time into the egg and water mixture, then into the breadcrumbs. One by one, place the coated slices in a single layer on the prepared baking sheet or pizza pan. Top the slices with equal amounts of tomato and Parmesan cheese.

Step 4: Bake in the preheated oven approximately 15 minutes, or until the breadcrumbs are golden brown. Enjoy!



**THE EGGPLANT
IS BELIEVED TO
HAVE
ORIGINATED IN
INDIA, WHERE IT
IS CONSIDERED
TO BE THE KING
OF VEGETABLES**

