



BENEFITS

A vegetable that's actually a berry!

The eggplant is a fruit native to India. It comes in a variety of colours and sizes; it can be as small as an egg or quite large. Look for an eggplant that's firm and heavy, with smooth, uniformly coloured skin.

Because you get a lot out of cooking it!

Eggplant is delicious hot or cold. Whether stuffed, grilled, gratiné, puréed, or added to a ragout, brochette, or dip, it's a staple ingredient in Asian and Mediterranean cuisine. Great paired with garlic, oil, tomatoes, lemon and fresh herbs, eggplant is a true culinary delight.



WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.



EGGPLANT SALAD

Portions: 2 to 4  15 min

Ingredients

- 750 ml (3 cups) eggplant, finely diced
- 375 ml (1 1/2 cup) green pepper, finely diced
- 1 green onion, chopped
- 30 ml (2 tbsp) lemon juice
- 1 glove garlic, finely chopped
- 30 ml (2 tbsp) olive oil
- Salt and pepper to taste

Directions

1. Whisk together the lemon juice, garlic and olive oil in a bowl.
2. Add the remaining ingredients and toss to combine.
3. Season to taste.

Source: Julie Strecko, RD



EGGPLANT MINI PIZZAS

Portions: 3 to 4  10 min  25 min

Ingredients

- 8 eggplant slices (1 cm thick)
- 45 ml (3 tbsp) pizza sauce
- 8 tomato slices
- 375 ml (1 1/2 cup) grated mozzarella
- Fresh basil to taste

Directions

1. Preheat the oven to 200°C (400°F).
2. Arrange the eggplant slices on a parchment-lined baking sheet. Bake 20 min in the oven.
3. Top each eggplant slice with a bit of tomato sauce, a tomato slice, fresh basil and mozzarella.
4. Cook another 5 min, or until the cheese is melted. Set the oven to broil and roast until the cheese is golden brown.

Variation:

Use different ingredients to mix up the flavours: ricotta, garlic, tomato, basil, olives.

Note

For added protein and less food waste, combine eggplant with left-over cooked meat or cheeses you have on hand (cheddar, ricotta, Parmesan, etc.).

Source: Julie Strecko, RD

COOKING WITH KIDS!

Letting the kids grate the cheese is a good way to get them involved in the kitchen.



Tip!

Keep in mind that, like the avocado, eggplant's flesh turns black quickly once it's cut. Sprinkle it with lemon juice if you're not using it right away to avoid discoloration.

