

Florida EGGPLANT Recipes



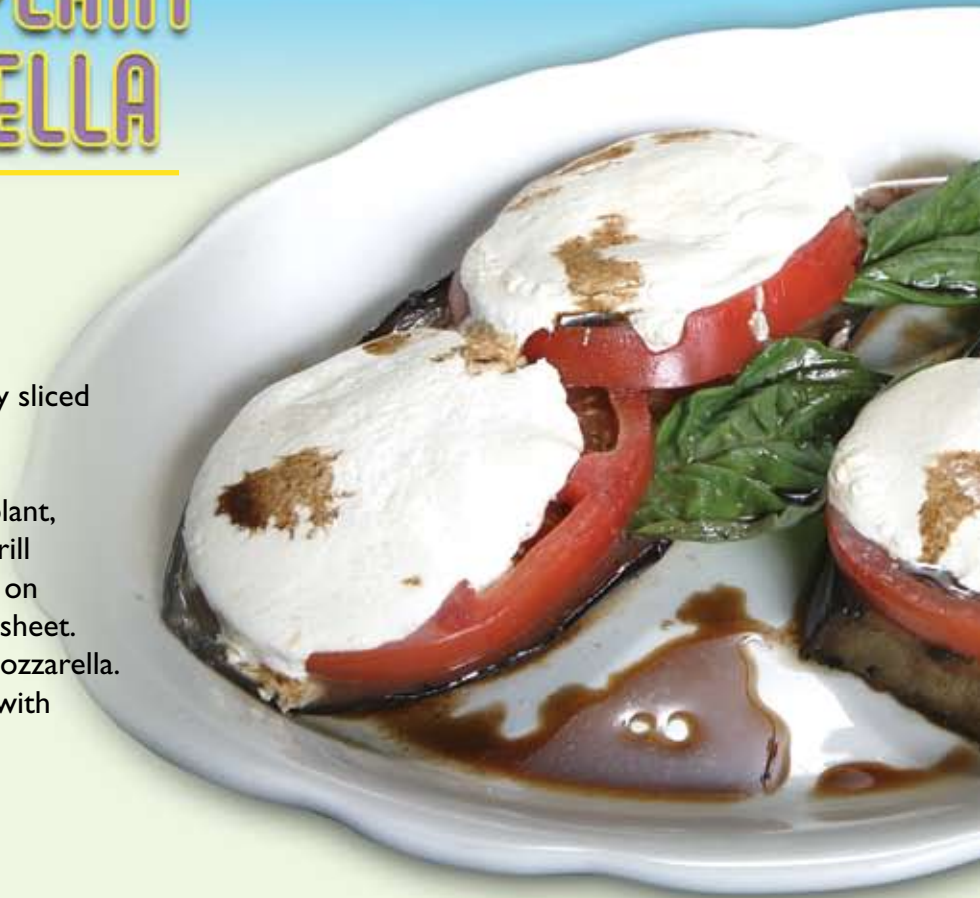
For more recipes and information about Florida fruits and vegetables, log on to the Florida Department of Agriculture and Consumer Services website at www.Florida-Agriculture.com

GRILLED EGGPLANT AND MOZZARELLA

- 1 large Florida eggplant, thinly sliced
- Olive oil
- Salt and pepper
- 2 Florida tomatoes, thinly sliced
- 1 bunch Florida basil, chopped
- 8 ounces of mozzarella cheese, thinly sliced
- Balsamic vinegar

Drizzle olive oil on both sides of eggplant, then sprinkle with salt and pepper. Grill on medium high heat for 1 1/2 minutes on each side. Place eggplant on a baking sheet. Top with tomatoes, basil leaves and mozzarella. Bake at 400° for 5 minutes. Sprinkle with balsamic vinegar and serve.

Yield: 4 servings
Per Serving: Calories 266, Fat 16g
Carbohydrates 13g, Protein 16g



EGGPLANT PANCAKES

- 1 medium Florida eggplant, peeled and grated
- 1 small Florida onion, minced
- 1 1/2 tablespoons Florida garlic, minced
- 4 tablespoons flour
- 1/2 tablespoon baking soda
- 3 eggs
- 2 tablespoons heavy whipping cream
- Salt and pepper
- 1 teaspoon olive oil

Mix all ingredients together except olive oil. Heat medium sauté pan on medium high heat. Add olive oil and heat. Ladle a 2-ounce portion of the mixture into the pan for each cake. Brown each cake evenly on both sides.

Yield: 6 servings
Per Serving: Calories 87, Fat 4g
Carbohydrates 7g, Protein 4g



Fresh from Florida EGGPLANT

The Florida eggplant – native to southern Asia, this delicious vegetable lends itself to a variety of cuisines. Grown mostly in the central and southern parts of the state, Florida eggplant is available from September through June.

A member of the Solanaceae family, it is related to tomatoes, potatoes and peppers. One-half cup of raw eggplant contains only 10 calories and has 1.4 grams of fiber. Florida eggplant is shaped like a teardrop or elongated oval and has a deep purple skin.



Purchasing, Handling and Storing

When selecting, look for a medium-sized Florida eggplant that is fairly lightweight. Heavier, larger eggplants tend to have larger seeds which can be bitter. The eggplant skin should be smooth and relatively free of scarring. It should be firm to the touch without soft spots which indicates bruising. The cap should be green with little to no browning.

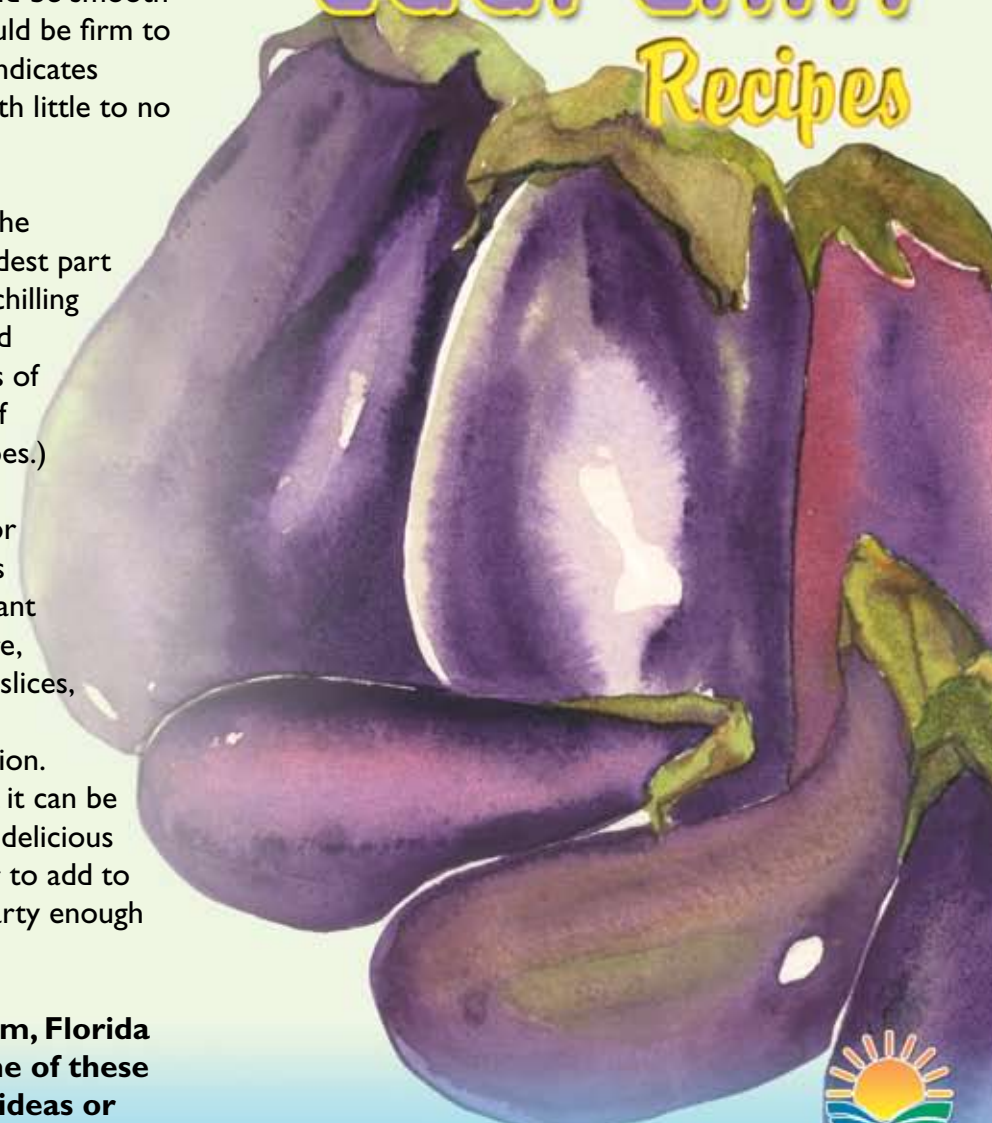
Eggplant will keep up to five days in the refrigerator. Do not store in the coldest part of the refrigerator, as this will cause chilling injury which will alter the texture and flavor, and do not store next to types of produce which emit large amounts of ethylene (e.g. apples, peaches, tomatoes.)

To prepare, eggplant may be peeled or unpeeled, depending on the thickness of the skin. Not all varieties of eggplant are bitter. For those varieties that are, simply slice the eggplant and salt the slices, letting them sit for up to 30 minutes. Rinse well and continue the preparation. Because of the versatility of eggplant, it can be roasted, fried, boiled and grilled with delicious results. It is delicate enough in flavor to add to dishes with other vegetables, and hearty enough to stand alone.

No matter how you prepare them, Florida eggplants are delicious! Try some of these tasty “Fresh from Florida” recipe ideas or create your own.

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Florida Department of Agriculture
and Consumer Services
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