

3 easy ways to eat eggplant

Strong taste and texture give it recipe power, but eggplant's nutrients and antioxidants give it health cred. Here's why.

All in the family

Eggplant has been called the "King of Vegetables," but it's actually from the same fruit family as:

Tomatoes
Potatoes
Peppers



In good health

There are only 24 calories in one eggplant. But because it's an ultra-absorbent fruit, take care when cooking with oil.



Eggplants contain antioxidants that can help:

Fight cancer



Lower cholesterol



Improve digestion



Build bones



Boost energy



3 ways to cook eggplant

Grill it

Eggplant easily soaks up any marinade or seasoning — and gets a rich, smoky flavor from the grill.

- Slice into 1-inch rounds**
- Brush with olive oil**
- Grill until tender (about 4 minutes on each side)**



Roast it

Boost your roasted vegetables by pairing eggplant with garlic, onions, carrots and zucchini.

- Dice into 1-inch cubes**
- Season with olive oil, salt and pepper**
- Roast at 400° F until tender (about 15 to 20 minutes)**



Mash it

Break out the pita chips for this easy dip idea.

- Bake eggplant halves in oven at 400° F until tender (about 30 minutes)**
- Scoop out flesh**
- Mash with garlic and cumin and low-fat Greek yogurt**



From the expert

“As a meaty fruit, eggplant is used in all types of food — including vegan and vegetarian meals. Antioxidants such as phenolic acid and nutrients such as manganese and folate make eggplant a great option for a wholesome, healthy meal.”



— Patti Ennis, registered dietitian and clinical nutrition program manager at Sharp Chula Vista Medical Center