

# Eggplant



## Health Benefits

- Contains nutrients that may protect against heart disease.
- Contains fibre that keeps digestive system healthy.

## Storage

Store in the refrigerator covered and unwashed.

## Preparation

Rinse well with water. Eggplants are usually eaten cooked. Remove stem and cut into desired shapes. Add to soups, spaghetti sauces or eat as is.



## Oven roasted eggplant

### *Ingredients:*

Eggplant

Oil

Salt and pepper or seasoning of choice



### *Directions:*

1. Slice the eggplant into 1/2 inch slices.
2. Arrange slices on a baking sheet.
3. Drizzle with oil and season with any spices you like.
4. Flip over the slices and repeat the oil and seasonings.
5. Roast the eggplant until they are soft and golden, and starting to caramelize a bit. It will take about 30-35 minutes.