

EGGPLANT

Eggplant's spongy texture becomes soft and creamy once cooked. The purple skin contains anthocyanin, the same antioxidant that gives blueberries its "superfood" status.



HOW TO CHOOSE

- Look for shiny, smooth skin
- Should be firm and feel heavy for its size
- Smaller eggplants tend to be less bitter and have less seeds

HOW TO PREPARE

- Rinse and wipe dry. Cut off stem and discard
- Slice, cube or cut in half
- Enjoy roasted, grilled, broiled, stuffed, in casseroles, stir fries and curries

HOW TO STORE

- Eggplants have a relatively short shelf-life:
- 1-2 days at room temperature
- 5-7 days refrigerated

HOW TO FREEZE

- Cut into cubes or slices
- Roast at 200°C for 30 min
- Cool, transfer to a container and freeze

GREAT WAYS TO PREPARE EGGPLANT!

- Add to your next curry or stir fry.
- Roast and mix with a whole grain (couscous, quinoa, brown rice, etc.).
- Substitute eggplant slices for noodles in lasagna, or make Moussaka.
- Make stuffed eggplant boats: halve eggplant, scoop out the center and fill with a mixture of cooked rice, lean ground meat mixed in tomato sauce. Bake at 200°C for around 40 minutes.

For more information, visit thefoodbank.ca/food

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Roasted Vegetables with Couscous

Serves 4-6 | Prep: 10 mins | Cook: 30-45 mins

Difficulty level: Moderate



INGREDIENTS

- 4-6 cups vegetables, chopped
- 2 tablespoons oil
- 3 cloves garlic (or ½ teaspoon garlic powder)
- 2 cups couscous (or quinoa, brown rice, millet)
- Handful fresh parsley (or 1 tablespoon dried)
- Salt & Pepper to taste

INSTRUCTIONS

1. Preheat oven to 200°C (400°F). Wash and chop vegetables into large pieces (about 1 inch).
2. If possible, try to have 3 different types of vegetables to add variety and color. Try: eggplant, bell peppers, zucchini, broccoli, carrots, tomatoes, onions, cauliflower, squash, asparagus, beans.
3. Once vegetables are cut, put into a roasting pan. Drizzle oil over vegetables and season with salt & pepper. Mix to evenly distribute the oil and seasoning.
4. Put vegetables into the oven and roast until tender (30-45 min), stirring halfway through.
5. While vegetables are roasting – mince garlic cloves and prepare couscous
6. To prepare couscous: In a pot, bring 3 cups of water to a boil. Once boiling turn heat off, add couscous and minced garlic to the water, cover, and let sit for 10 minutes.
7. Once vegetables have finished roasting remove from oven. Roughly chop fresh parsley (if using). Combine couscous, roasted vegetables and parsley in a bowl. Season with more salt and pepper if desired. Serve warm or cold.

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