

Eggplant



Eggplant is a versatile and nutrient-rich vegetable that may offer a variety of health benefits. It contains antioxidants that can help protect your cells and support brain health. With plenty of fiber, eggplant is great for digestion and can help keep your blood sugar steady. Plus, it's low in calories, making it a good choice if you're watching your weight, and it provides essential vitamins and minerals like vitamin C and potassium.



Selection & Storage

When selecting eggplants, choose ones that are firm, with smooth, shiny skin and a vibrant color. Avoid those with wrinkles, blemishes, or soft spots. To store, keep eggplants in a cool, dry place or refrigerate them in a perforated plastic bag.

Grandma's Baked Eggplant Parmesan

Serves 4-6 people



- 2-3 sm. eggplants
- 2 lg. egg, beaten
- 2 c. marinara sauce
- 1 c. shredded mozzarella
- 6 tbsp salted butter, melted
- 1 c. Corn Flakes cereal crumbs
- ½ c. grated Parmesan cheese
- 1 tsp kosher salt
- Ground black pepper, to taste

1. Preheat oven to 400°F. Pour melted butter into an 9 x 13-inch baking dish. Set aside.

2. Place egg in a shallow dish. Set aside. In a separate shallow dish, combine Corn Flakes crumbs, Parmesan cheese, salt, and pepper. Set aside.

3. Peel eggplant and cut into ¾-inch thick slices. Dip each slice in egg and coat with crumb mixture. Place in a single layer in the prepared baking dish.

4. Bake for 20 minutes; flip the slices over, and bake for an additional 15 minutes. Pour marinara sauce over eggplant and top with mozzarella cheese. Bake for 3-5 more minutes, or until the cheese melts. Garnish with fresh parsley and enjoy!