



## Cooking Tips

- Eggplants come in a variety of shapes, sizes, and colors. They run from large to lemon size. They may be long, pear-shaped, oblong, round, or cylindrical. They come in many different shades of purple, green, yellow, and white.
- When cooking eggplant, wash the skin and cut off the ends. Most eggplants can be eaten with the skin.
- Eggplant can be baked, roasted, steamed, or sautéed. If baking whole, pierce the eggplant several times with a fork. Bake at 350°F for 15-25 minutes. Test for doneness by inserting a knife or fork.



## Fun Facts!

Eggplant is a warm-season fruit that not only tolerates hot weather but, for best growth, requires more warmth than many other fruits commonly grown in Louisiana.

Eggplant is part of the nightshade family, along with tomatoes and potatoes, and all edible members of that family are actually fruits.

Eggplant is an egg-shaped glossy fruit that has white flesh with a meaty texture.

Many people enjoy eggplant as a substitute for meat in dishes because of the texture.

When eggplants are cut, the white flesh turns brown quickly.



## Make It

### Eggplant Parmesan Sticks

#### Ingredients:

1 Medium Eggplant, peeled  
 1/3 Cup Flour  
 1/2 Tsp kosher salt  
 1/2 Cup bread crumbs  
 1/4 Cup Parmesan cheese, grated  
 2 Large eggs, whisked  
 Cooking oil spray

#### Directions:

1. Preheat oven to 400°F.
2. Cut the eggplant into 1/2 inch wide 2 inch long sticks\* (1 medium eggplant makes about 40 sticks).

3. Making an "assembly line" of three bowls, place the flour and salt in the first bowl, the beaten egg in the second and bread crumbs and parmesan in the third.

4. Dip the eggplant sticks in the flour mixture, followed by the egg and then in the bread crumbs.

5. Place on a baking sheet and and lightly spray with cooking oil spray.

6. Bake for 25-30 minutes or until soft inside and golden outside.

7. Serve with a tomato sauce for extra flavor!

## Helpful Hint

For a less bitter tasting eggplant, sprinkle it with salt after cutting into pieces, and let it sit for 30 minutes. This will pull out some of the water and make it less likely to absorb a lot of oil while cooking. Rinse the eggplant afterwards to remove most of the salt.