



Local eggplant

Availability:
july to october

Benefits

→ A vegetable that's actually a berry!

The eggplant is a fruit native to India. It comes in a variety of colours and sizes; it can be as small as an egg or quite large. Look for an eggplant that's firm and heavy, with smooth, uniformly coloured skin.

→ Because you get a lot out of cooking it!

Eggplant is delicious hot or cold. Whether stuffed, grilled, gratiné, puréed, or added to a ragout, brochette, or dip, it's a staple ingredient in Asian and Mediterranean cuisine. Great paired with garlic, oil, tomatoes, lemon and fresh herbs, eggplant is a true culinary delight.



WHY EAT LOCAL ?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.

Eggplant salad



PORTIONS: 2 TO 4

15 MIN

Ingredients

- 750 ml (3 cups) eggplant, finely diced
- 375 ml (1 ½ cup) green pepper, finely diced
- 1 green onion, chopped
- 30 ml (2 tbsp) lemon juice
- 1 glove garlic, finely chopped
- 30 ml (2 tbsp) olive oil
- Salt and pepper to taste

Directions

- 1 Whisk together the lemon juice, garlic and olive oil in a bowl.
- 2 Add the remaining ingredients and toss to combine.
- 3 Season to taste.

Source: Julie Strecko, RD

Eggplant mini pizzas



PORTIONS: 3 TO 4

10 MIN 25 MIN

Ingredients

- 8 eggplant slices (1 cm thick)
- 45 ml (3 tbsp) pizza sauce
- 8 tomato slices
- 375 ml (1 ½ cup) grated mozzarella
- Fresh basil to taste

Directions

- 1 Preheat the oven to 200°C (400°F).
- 2 Arrange the eggplant slices on a parchment-lined baking sheet. Bake 20 min in the oven.
- 3 Top each eggplant slice with a bit of tomato sauce, a tomato slice, fresh basil and mozzarella.
- 4 Cook another 5 min, or until the cheese is melted. Set the oven to broil and roast until the cheese is golden brown.

Variation

Use different ingredients to mix up the flavours: ricotta, garlic, tomato, basil, olives.

Note

For added protein and less food waste, combine eggplant with left-over cooked meat or cheeses you have on hand (cheddar, ricotta, Parmesan, etc.).

Source: Julie Strecko, RD

Cooking with kids!

- Letting the kids grate the cheese is a good way to get them involved in the kitchen.



Tip!

- Keep in mind that, like the avocado, eggplant's flesh turns black quickly once it's cut. Sprinkle it with lemon juice if you're not using it right away to avoid discoloration.