



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Eggplant

Lakota: wagmúthōša



Pick it!

Mature when
flesh bounces
back when
pressed. Hard
to press is not
mature.

Try it!

Can be baked,
broiled,
microwaved,
sautéed, grilled
or stewed. It is
not eaten raw.

Like it!



This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

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Lakota word translated by Jeshua Estes.



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

In season:



Summer

Eggplant

Lakota: wadmúthoša

Pick it!

Related to tomatoes and peppers.

Eggplants weigh about 1-5 pounds and are oval or elongated.

Usually dark purple-colored skin and white, spongy flesh.

Mature when flesh bounces back when pressed; hard to press is not mature yet; retaining dent is too mature.

Look for an oval-shaped dimple near the blossom end.

Refrigerate in plastic for 1-2 days.

Cook with or without the skin; peeling is desirable for large eggplant. Use only a stainless steel knife.



Try it!

Can be baked, broiled, microwaved, sautéed, grilled or stewed. It is not eaten raw.

Salting the eggplant is done to remove bitterness. Cut up eggplant, sprinkle with salt, let it drain, rinse with cool water and pat dry.

Milk flavor is enhanced by adding spices such as garlic or foods such as tomato, onion or cheese.

Undercooked eggplant will have a chewy texture.



Types of Eggplant

Standard Oval: Glossy, purple/black skin, bulb-shaped, most common variety

Japanese/Oriental: Long, slender fruit with delicate skin, often more delicate flavor

Specialty: Includes striped, all white or small purple fruits



Did you know...

Fiber is found in the skin and pulp of fruits and vegetables. Dietary fiber can be either soluble or insoluble. Fiber prevents constipation and lowers risk of diabetes and heart disease.

Like it!

Herbed Baby Eggplant

Ingredients

- 3 pounds small oriental-type eggplants
- 3 teaspoons salt
- 2 teaspoons garlic; finely chopped
- ½ cup olive oil
- ⅓ cup red wine vinegar
- Black pepper
- ½ cup fresh basil leaves; shredded or 1 teaspoon dried basil

Directions

1. Wash eggplants, remove caps and cut into quarters or halves.
2. Sprinkle salt over eggplant and let drain for 30 minutes.
3. Preheat oven to 400° Fahrenheit.
4. Rinse salt off eggplant, pat dry and cut into pieces.
5. Place pieces on baking sheet in a single layer.
6. Mix the garlic and oil.
7. Drizzle garlic/oil mixture over eggplant.
8. Bake 30 minutes or until eggplants are brown and tender.
9. Let cool slightly.
10. Rinse basil leaves, chop finely. Or measure dried basil.
11. Put eggplants into a large bowl and drizzle with vinegar.
12. Add the basil and toss.

Yields 6 servings.

Nutrition Facts per Serving:
Calories 230; Fat 19g; Cholesterol 0mg; Sodium 1160mg;
Carbohydrates 14g; Sugar 3g; Fiber 8g; Protein 3g

Easy Eggplant Stir Fry

Ingredients

- 2 eggplants; peeled and cubed
- 1 zucchini; thinly sliced
- 1 cup green bell pepper; cut into strips
- 2 onions; sliced
- 3 Tablespoons low-fat Italian dressing
- 2 cups cherry tomatoes
- 2 cups brown rice; cooked

Directions

1. Place eggplant, zucchini, green bell pepper and salad dressing into a skillet.
2. Stir lightly to combine and cook over low heat, until tender.
3. Stir in cherry tomatoes and cook for 3-5 minutes.
4. Serve over cooked brown rice.

Yields 4 servings.

Nutrition Facts per Serving:
Total Calories 238; Total Fat 3g, Saturated Fat 0g;
Cholesterol 0mg; Sodium 115mg; Carbohydrates
51g, Dietary Fiber 13g, Total Sugars 17g, Added Sugars
included 1g; Protein 7g

Source: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/easy-eggplant-stir-fry

Lakota word translated by Jeshua Estes

**Find more recipes
and videos at
extension.sdstate.edu**

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**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Eggplant

Lakota: waghmúthoša

- Related to tomatoes and peppers.
- Weigh 1-5 pounds and are oval or elongated.
- Usually dark purple skin with white, spongy flesh.
- Mature flesh bounces back when pressed; hard to press if not mature; retaining dent, too mature.
- Refrigerate in plastic for 1-2 days.
- Bake, boil, microwave, sauté or grill; not eaten raw.
- Cook with or without the skin
- Salting the eggplant: cut up, sprinkle with salt, let it drain, rinse, pat dry.
- Flavor with spices or foods (garlic, tomato, onion or cheese).

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- 3 teaspoons salt
- 2 teaspoons garlic; finely chopped
- ½ cup olive oil
- ⅓ cup red wine vinegar
- Black pepper
- ½ cups fresh basil leaves; shredded or 1 teaspoon dried basil

Directions

1. Wash eggplants, remove caps and cut into quarters or halves.
2. Sprinkle salt over eggplant and let drain for 30 minutes.
3. Preheat oven to 400°.
4. Rinse salt off eggplant, pat dry, and cut into pieces.
5. Place pieces on baking sheet in a single layer.
6. Mix the garlic and oil.
7. Drizzle garlic/oil mixture over eggplant.
8. Bake 30 minutes or until eggplants are brown and tender.
9. Let cool slightly.
10. Rinse basil leaves, chop finely. Or measure dried basil.
11. Put eggplants into a large bowl and drizzle with vinegar.
12. Add the basil and toss.

Yield 6 servings

Nutrition Facts per Serving:
Calories 230; Fat 19g; Cholesterol 0mg; Sodium 1160mg;
Carbohydrates 14g; Sugar 3g; Fiber 8g; Protein 3g

Easy Eggplant Stir Fry

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- 1 cup green bell pepper; cut into strips
- 2 onions; sliced
- 3 Tablespoons low-fat Italian dressing
- 2 cups cherry tomatoes
- 2 cups brown rice; cooked

Directions

1. Place eggplant, zucchini, green bell pepper and salad dressing into a skillet.
2. Stir lightly to combine and cook over low heat, until tender.
3. Stir in cherry tomatoes and cook for 3-5 minutes.
4. Serve over cooked brown rice.

Yield 4 servings

Nutrition Facts per Serving:
Total Calories 238; Total Fat 3g, Saturated Fat 0g; Cholesterol 0mg;
Sodium 115mg; Carbohydrates 51g, Dietary Fiber 13g, Total Sugars
17g, Added Sugars included 1g; Protein 7g

Source: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/easy-eggplant-stir-fry



SOUTH DAKOTA STATE
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In season:



Summer

Eggplant

Lakota: wadmúthoša

Sampling Display Instructions

Herbed Baby Eggplant

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons serving			
Oriental-type eggplant	2 small	3 small	4 small
Salt	2 teaspoons	3 teaspoons	4 teaspoons
Chopped garlic	1 ½ teaspoons	2 teaspoons	3 teaspoons
Olive oil	⅓ cup	½ cup	¾ cup
Red wine vinegar	¼ cup	⅓ cup	½ cup
Black pepper	To taste	To taste	To taste
Fresh or dried basil	¼ cup fresh or 1 Tablespoon dried	½ cup fresh or 1 ½ Tablespoons dried	¾ cup fresh or 2 Tablespoons dried

Directions:

1. Wash eggplants, remove caps and cut into quarters or halves. Sprinkle salt over eggplant and let drain for 30 minutes.
2. Preheat oven to 400°.
3. Rinse salt off eggplant, pat dry, and cut into pieces. Place pieces on baking sheet in a single layer.
4. Mix the garlic and oil. Drizzle garlic/oil mixture over eggplant.
5. Bake 30 minutes or until eggplants are brown and tender, do not overcook. Let cool slightly.
6. Rinse basil leaves, chop finely. Or measure dried basil. Put eggplants into a large bowl and drizzle with vinegar. Add the basil and toss.
7. Transport and keep warm in a slow cooker.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups and forks
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)
youtube.com/watch?v=z9TdW-tE34mE



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food. Post the Allergy Alert sign.
- Place only a few sample out at a time. Ask parent's permission before children may sample.
- Ask them if they use eggplant often in their meals. Ask them if they could use this recipe.
- Remind them that this recipe is a great side dish to any meal.
- Lakota word translated by Jeshua Estes.

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Sampling Display Instructions

Easy Eggplant Stir Fry

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons serving			
Eggplant; peeled and cubed	$\frac{2}{3}$ cup	$\frac{3}{4}$ cup, 2 Tablespoons	$1\frac{1}{3}$ cup
Zucchini; thinly sliced	$1\frac{1}{2}$ Tablespoons	2 Tablespoons	3 Tablespoons
Green pepper; cut into strips	6 Tablespoons	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
Onion; sliced	6 Tablespoons	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
Italian dressing, low-fat	1 Tablespoon	$1\frac{1}{2}$ Tablespoons	2 Tablespoons
Cherry tomatoes	$\frac{3}{4}$ cup	1 cup	$1\frac{1}{2}$ cups
Brown rice; cooked (as directed on package)	$\frac{3}{4}$ cup	1 cup	$1\frac{1}{2}$ cups

Directions:

1. Place eggplant, zucchini, green bell pepper, onions and salad dressing into a skillet.
2. Stir lightly to combine and cook over low heat until tender, don't over cook.
3. Stir in cherry tomatoes and cook for 3-5 minutes.
4. Serve over cooked brown rice.
5. Transport and keep warm in a slow cooker.

Materials needed:

- Table/tablecloth
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- Ingredients used in the recipe
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- Recipe video (optional)
youtube.com/playlist?list=PLlIdDb7lZYqIWYg_nH3tCtQgNv0DcsstO



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