

Eggplant

Storage

Wrap unwashed and uncut in a paper towel and store in the crisper drawer in your fridge, will keep for up to 3 days.



Preparation

Wash well in cold water then trim off the top. You can bake, roast, grill, or steam eggplant.



Nutrition

Eggplant improves blood flow, lowers cholesterol, and reduces heart disease. It also has antioxidant benefits and the skin contains compounds that improve brain functioning. Eggplant is particularly beneficial for women's health.

