

# Cooking with Eggplant

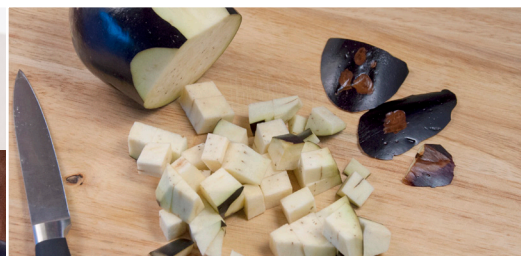
Eggplants come in many shapes and sizes. Eggplants commonly have dark purple skin, but can also be light purple, green or white.



**Eggplant has a mild taste.**  
**Use herbs and spices to add more flavor.**

More recipes are available at  
[pittsburghfoodbank.org/recipecards](http://pittsburghfoodbank.org/recipecards)

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Cut off or peel bruised parts  
before cooking.



Add roasted eggplant to pasta  
dishes or use as a topping for pizza.



Serve dip with vegetable sticks,  
whole wheat pita or tortilla.



# Roasted Eggplant

**Preparation time:** 10 minutes | **Cook time:** 45 minutes | **Cost:** \$1.50

## Ingredients:

- 4 cups **eggplant**, chopped
- 2 teaspoons **oil**
- ¼ teaspoon **salt**
- 1 teaspoon **garlic powder**

## Directions:

1. Preheat oven to 400°.
2. Add chopped eggplant, oil, garlic powder and salt to a bowl. Stir to mix. Spread eggplant in an even layer on a baking sheet or pan.
3. Cook for 45 minutes. Stir once or twice during cook time.

Makes 4 servings

# Roasted Eggplant Dip

**Preparation time:** 5 minutes | **Cook time:** 5 minutes | **Cost:** \$1.75

## Ingredients:

- 2 cups **roasted eggplant**
- 1 tablespoon **lemon juice**
- 1 teaspoon **parsley** (optional)
- ¼ teaspoon **red pepper flakes** (optional)
- ⅛ teaspoon **salt**

## Directions:

1. Add roasted eggplant, lemon juice and salt to a bowl. Add parsley and red pepper flakes, if using. Stir to mix.
2. Mash eggplant with a fork or potato masher. Roasted Eggplant Dip can be served warm or cold.

Makes 6 servings