



Demonstration Guide

EGGPLANT LASAGNA

Eggplant

- Dark purple eggplants are the most common type sold commercially in the United States. They weigh about 1 to 5 pounds each and come in two shapes: oval and elongated.
- Eggplants also come in a range of whites, mauves and purples, although there are also yellow and green varieties.
- Eggplants can be striped or solid, fat or sleek and are considered a vegetable, though botanically, it is a fruit.
- Eggplants are common in Mediterranean, Italian, Indian, Asian and Middle Eastern dishes. They are low in fat and contain small amounts of several important vitamins that are needed daily. It is very low in sodium and calories, with only 15 calories for a half cup serving.
- Choose firm, unblemished eggplants that are heavy for their size. Eggplants are perishable and grow bitter with age.
- Unlike many vegetables, eggplant is not harmed by long cooking. An undercooked eggplant can have a chewy texture, but overcooked eggplant is just very soft.
- Both cold and warm temperatures can damage eggplant. It is best to store eggplant uncut and unwashed in a plastic bag in the cooler section of the refrigerator.

- Eggplant may be cooked with or without its skin. However, large eggplants and most white varieties have thick, tough skin and should be peeled prior to cooking with a vegetable peeler.
- Eggplant can be baked, grilled, steamed or sautéed. It is versatile and works well with tomatoes, onions, garlic and cheese. The only way eggplant is unacceptable is raw.
- Eggplant is delicious fried, but be warned, they absorb more fat during cooking than most other vegetables.

Presentation Plan

Grocery list:

- Eggplant
- Onions
- Garlic
- Whole-grain lasagna noodles
- Spinach
- Italian flavored tomatoes
- Low sodium marinara sauce
- Dried basil
- Dried oregano
- Crushed red pepper flakes
- Low-fat ricotta cheese
- Mozzarella cheese
- Low-fat cheddar cheese

Equipment needs:

- Cutting board
- Chef knife

- Baking dish
- Large pot for noodles
- Sauté pan
- Measuring spoons
- Measuring cups
- Oven mitt
- Serving spoons
- Plates
- Forks

Display preparation:

- Cover table with cloth or placemats for display area.
- If available have other varieties and colors to showcase different types of eggplants.
- Have serving spoons, plates and forks for sampling.

Demonstration steps:

1. Discuss eggplant as the commodity and talking points about the vegetable. Mention that garlic and onions are also Kentucky commodities.
2. Prepare recipe if time and space allow, or have prepared product for tasting. Discuss the necessity of cooking the eggplant till tender, the nutritional value of whole grain pasta and other aspects of the recipe. You may want to discuss the value of meatless meals in a family meal plan.
3. Talk about how to serve and what might go with this recipe to make it a complete healthy meal.
4. Serve samples.

Eggplant Lasagna

9 whole grain lasagna noodles	1 14½ ounce can Italian flavored tomatoes	15-16 ounces low-fat ricotta cheese
½ teaspoon vegetable oil	1 24 ounce jar low-sodium marinara sauce	1¾ cups shredded mozzarella cheese
2 cloves garlic, chopped	½ teaspoon dried basil	1¾ cups shredded low-fat cheddar cheese
1 medium onion, chopped	½ teaspoon oregano	
1 eggplant, peeled and finely chopped	¼ teaspoon crushed red pepper flakes	
3 cups chopped raw spinach	Dash salt and pepper	

Preheat the oven to 350 degrees F. **Grease** a 9x13- inch baking pan. Bring a large pot of lightly salted water to a rolling boil. **Cook** the lasagna noodles until tender, but still slightly firm (approximately 10 minutes); **drain** and set aside. **Heat** the oil in a large skillet and **sauté** the onion and garlic until golden. **Add** chopped eggplant to skillet and **cook** until very soft and tender. **Add** chopped spinach to the skillet and **cook** until wilted. **Stir** in the tomatoes, marinara, basil, oregano, crushed red pepper flakes, salt and pepper; simmer for 5 minutes. **Remove** from heat. **Layer** 3 noodles on bottom of pan. **Spread**

one-third of the ricotta cheese on top of noodles, spoon one-third of sauce on top, and sprinkle with one-third mozzarella and cheddar cheese. **Repeat**, layering with remaining ingredients, ending with a layer of cheese. **Bake** 35 minutes or until cheese on top is melted and golden brown. Let casserole rest 10 minutes before cutting.

Yield: 12 servings

Nutritional Analysis: 260 calories, 11 g fat, 5 g saturated fat, 30 mg cholesterol, 600 mg sodium, 25 g carbohydrate, 6 g fiber, 8 g sugar, 18 g protein

Source: www.fruitsandveggiesmatter.gov

For more delicious recipes and information using "Kentucky Proud" fruits and vegetables, contact your local Cooperative Extension Service or visit: www.kentuckyproud.com.

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Plate it up! Kentucky Proud Project

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