



SNAC News

Wyoming Nutrition Action Coalition



Eggplanting a Garden this year?

Easy Eggplant Stir Fry

2 eggplant peeled and cubed
 1 zucchini thinly sliced
 1 cup green bell pepper cut into strips
 2 onions sliced
 3 tablespoons low fat Italian salad dressing
 2 cups cherry tomatoes
 2 cups brown rice

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.
3. Stir in cherry tomatoes and cook for 3-5 minutes. Serve over cooked brown rice.

Serves 4.
 Calories: 230
 Total Fat: 2.5 grams

Source: USDA SNAP-Ed Connection Recipe Finder

Shopping Tips

When to Buy...

July through October

How to Select...

Hold the eggplant.

Does it feel heavier than it looks?

Does it stay solid when squeezed?

Is the skin evenly colored and smooth?

If you said, "Yes" to each of these, you have a winner!

How to Store...

Keep eggplants cool and dry and cook soon after buying.

Nutrition Benefits

1 cup of cubed eggplant has:

Only 20 calories and is a good source of fiber!

http://www.nal.usda.gov/fnic/foodcomp/cgi-bin/list_nut_edit.pl

Activity Ideas

PLANT AN INDOOR GARDEN...

Herbs grow well inside!

Start seedlings inside to move to your outside garden once the weather allows.

Read gardening books with your children or a friend's children.

Share a garden with a neighbor!

Eat your garden's produce at harvest time or can or freeze it to enjoy later.

Have your first garden be a small one.

Conversation Starters/Comments

Eggplants were known as the apple of love!

Eggplants vary in color from (no color) white to purple and can be orange/red, striped, or green.

Stainless steel knives are best for cutting eggplants to prevent "rusting" and to prevent a bitter taste of this vegetable.

Eggplants vary in size as they can be as tiny as a grape or over two to three feet in length!

Foods made with eggplants tend to taste better as a leftover.

The information in this section is credited to:

<http://www.innvista.com/health/foods/vegetables/eggplant.htm>

For more information call:

Supplemental Nutrition Assistance Program 800-457-3659

Wyoming Department of Education Nutrition Programs 307-777-6263

University of Wyoming Cent\$ible Nutrition Program 877-219-4646

Wyoming Department of Health Women, Infant, and Children (WIC) 800-994-4769