

# Eggplant



## About Eggplant

- Eggplant has a mineral, manganese, that helps make strong bones and helps heal cuts

## Choosing

- Pick an eggplant that has skin that is smooth and shiny
- It should feel slightly firm to the touch, not mushy or soft
- The stem should be green with no mold or brown color

## Storage

- Can be stored in the fridge for 3-4 days

**WIC Tip:** Don't cut eggplant until your ready to cook it. If cut too soon, it can brown and go bad.

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# Eggplant Shakshuka

Makes 4 servings

## INGREDIENTS

- 2 Tbsp. olive oil
- 1 small onion, chopped
- 1 Tbsp. paprika
- 1/2 Tbsp. cumin
- 1/4 tsp dried red pepper flakes
- 1 medium eggplant, cut into 1/2-inch cubes
- 1 1/4 cups crushed tomatoes
- 3 cloves garlic, minced (1 Tbs.)
- 1/3 cup chopped cilantro, divided
- 4 large eggs

## INSTRUCTIONS

1. Place cut eggplant into a strainer.
2. Sprinkle 2 tsp of salt on eggplant, then let sit for 10 minutes.
3. Rinse salt off of eggplant with water and squish eggplant in your hands to help release water. Set aside.
4. Pour oil into a medium non-stick skillet, then add the next 4 ingredients. Toss to combine.
5. Mix in eggplant. Cover & cook over medium heat for 5 minutes to blend flavors, stirring a few times
6. Mix in crushed tomatoes, garlic, and 3/4 cup water. Bring to simmer.
7. Cover and cook for 10 minutes, or until eggplant is tender. Stir a few times.
8. Stir in 1/4 cup cilantro; if sauce is too thick, add 1 to 2 Tbs. water to thin it slightly. Season with salt and pepper.
9. Push aside eggplant mixture near top-center of skillet with wooden spoon, making a deep hole. Drop in 1 egg. Repeat 3 more times, spacing eggs apart.
10. Cover, reduce heat to medium-low, and simmer 4 - 6 minutes.
11. Remove from heat and let stand covered 1 to 2 minutes, or until egg whites are set.
12. Sprinkle with left over cilantro.

