

# FRUIT/VEGETABLE OF THE MONTH!

July's featured vegetable is the **EGGPLANT**

## EGGPLANT FACTS:

Eggplant is rich in fiber and **antioxidants**. Anti-oxidants are compounds produced in your body and found in foods. They help defend your cells from damage caused by potentially harmful molecules known as free radicals.

Many of us are most familiar with eggplants that are large and dark purple, but the shape, size, and color can vary from small and oblong to long and thin and from shades of purple to white or green.

Similar to the tomato there is argument about whether eggplant is actually a fruit or a vegetable. Regardless, most cultures treat eggplant like a vegetable in preparation.



## HEALTH BENEFITS OF EATING EGGPLANT:

- Helps reduce inflammation in the arteries of the heart which can help lower the risk of heart attack
- May decrease “bad” cholesterol (LDL)
- May help prevent certain types of cancers & liver diseases
- Facilitates blood flow to the brain which could help prevent memory loss and other aspects of age-related mental decline
- Contains fiber. Following a high-fiber diet helps you feel fuller for longer which could keep you from over-eating

## EASY EGGPLANT CASSEROLE RECIPE:

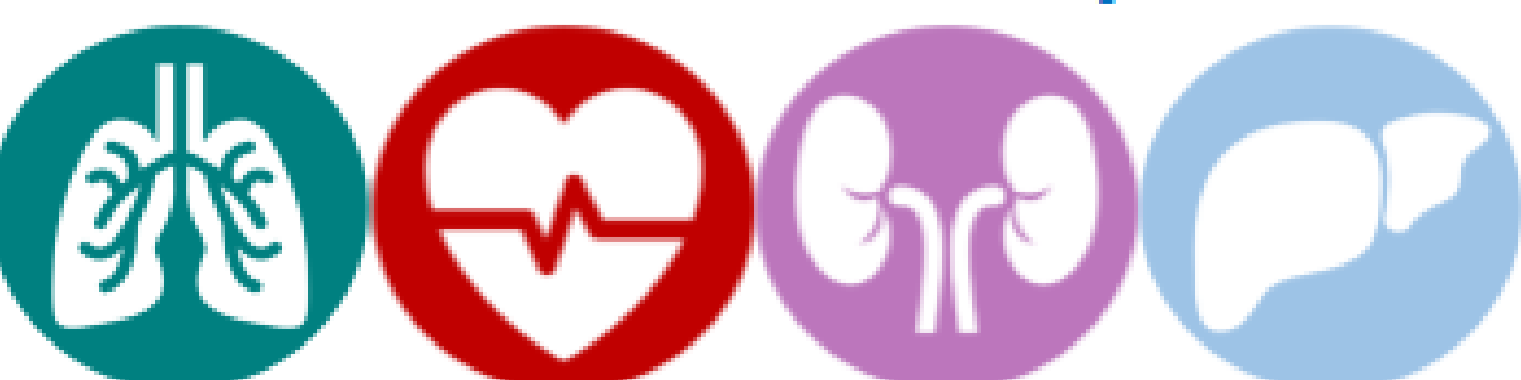
**Servings 4 | Total Cook Time 45 Min**

### Ingredients:

- 1 cup spaghetti sauce
- 3/4 cup low-fat mozzarella cheese shredded
- 3/4 cup non-fat cottage cheese
- 2 tbsp. parmesan cheese grated
- 3/4 lb. eggplant sliced 1/2-inch thick
- cooking spray

1. Grill eggplant on for about 5-10 minutes until soft. Spray 8x8 baking pan with nonstick spray.
2. Put eggplant on bottom of pan. Spread spaghetti sauce over eggplant. Mix cottage cheese and mozzarella, and spread it over sauce. Sprinkle with Parmesan cheese.
3. Bake at 350° for 30-35 minutes and serve hot.

Thresholds Health Literacy Center



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