



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

In season:



Summer

Eggplant

Lakota: wadmúthoša

Lesson Plan

Objectives

Participants will:

- identify eggplant as a vegetable from MyPlate.
- increase knowledge in the selection, storage and nutritional value of eggplant.
- demonstrate the use of eggplant in a recipe.

Items Needed for the Lesson

- MyPlate poster
- Parts of a Plant visual
- Daily Recommendations visual
- 1 cup measuring cup
- Fresh eggplant to identify maturity, and demonstrate salting

Handouts or Take Home Items

- Pick It! Try It! Like It! Preserve It! fact sheet

Recipe Choices

- Herbed Baby Eggplant
- Easy Eggplant Stir Fry

Cooking and Food Safety Skill Sheets

- Handwashing
- Washing Fruits and Vegetables
- Knife Safety and Cutting Boards
- Measuring Liquid and Dry Ingredients
- Stove Top Safety

Other Cooking and Food Safety Skills

- Kitchen terms - drizzle and toss

Supplies for Eggplant Lesson

- Herbed Baby Eggplant
 - » Cutting boards
 - » Knives
 - » Baking sheet
 - » Measuring spoons
 - » Liquid measuring cups
 - » Small bowl
 - » Large bowl
 - » Spoons
 - » Oven
- Easy Eggplant Stir Fry
 - » Knife
 - » Cutting board
 - » Vegetable peeler
 - » Measuring spoons
 - » Measuring cups
 - » Skillet
 - » Spoon

What You Say:	What You Do:
Every class we're going to learn about a different fruit or vegetable. I'm going to give you some clues and I want you to try to think of what it is. After each clue, raise your hand if you think you know what it is. • This vegetable originated in India. There it is known as the "King of Vegetables". • It is related to tomatoes and potatoes. • Ancient people thought that this vegetable was poisonous and that it caused acne or even death. • It usually has dark purple colored skin. (Answer: Eggplant.)	• Name off each clue, allow a few guesses before moving on to the next clue. • After someone guesses the answer, or you tell them, show them visuals of eggplant.
There are 5 subgroups of vegetables: dark green, red and orange, beans and peas, starchy and others. We need to make sure we are eating vegetables from each of these groups because each has different vitamins and nutrients in them. Do you know what subgroup eggplant is in? (Answer: Others.)	• Show the Vegetable Subgroups visual. • Call on someone who would like to answer.
Different vegetables come from different parts of the plant. Vegetables are either a root, stem, leaf, fruit, flower or seed. What part of the plant do you think eggplant is? (Answer: Fruit.) Do you know why the fruit of a plant is important? (Answer: The fruit of a plant contains the seeds, which in turn are used to reproduce new plants.)	• Show the Parts of a Plant visual. • Call on someone who would like to answer.
MyPlate shows us how to eat healthier. As the MyPlate diagram shows, we should be filling half our plates with fruits and vegetables. Depending on your age and gender, you should be eating between 1-4 cups of vegetables each day. One cup of cooked eggplant, sliced or diced, counts as 1 cup in the MyPlate vegetable group.	• Point to the MyPlate poster. • Refer to the Daily Recommendations visual. • Show a 1 cup measuring cup.
The most common eggplant variety found in supermarkets is egg-shaped with shiny, dark purple skin. They weigh about 1-5 pounds. There are some varieties that are long and slender and still other varieties that are striped or white in color. The inside of an eggplant is white and spongy.	• Show a visual of an eggplant or if possible, show an actual eggplant, pointing out its shape and color.

What You Say:	What You Do:
When choosing an eggplant, look for bright purple colored fresh that is free of bruises. The eggplant should be firm and heavy for its size. Smaller eggplants often are less bitter tasting than larger ones. To check for ripeness, hold the eggplant in your palm and press it gently with your thumb. If the eggplant presses in and then comes back out, it is ready for use. If it is hard to press, it is not mature and if it presses in and does not come back out, it is overripe.	Demonstrate how to check for a mature eggplant.
Store eggplants in the refrigerator for 1-2 days. Do not cut the eggplant before storing it or it will go bad quickly.	
Like other vegetables, what should we do to eggplant before using it in a recipe? (Answer: Wash it.) How do we wash vegetables? (Answer: Under cool running water.)	- Call on someone who would like to answer. - Refer to Washing Fruits and Vegetables skill sheet.
After washing, cut off the cap and stem. Eggplant can be cooked with or without the skin. Peel larger eggplants as they may have tougher skin.	
After cutting the eggplant into pieces, sprinkle it with salt and let it sit for about 30 minutes. Then rinse to remove most of the salt and pat the pieces dry. This will make the eggplant less bitter tasting and also makes it less likely to absorb a lot of oil when cooking.	Demonstrate how to salt the eggplant.
Have you ever eaten eggplant before? What are some ways that eggplant can be prepared? Eggplant can be baked, broiled, microwaved, sautéed, grilled, roasted, fried, steamed, stuffed or stewed. It is not eaten raw. It works well with tomatoes, garlic, onions and cheese. One pound of eggplant is equal to about 3 cups diced.	Allow discussion.



= for adults or older youth

What You Say:	What You Do:
Some ways to prepare eggplant are: <u>To bake whole:</u> Poke the eggplant several times with a fork like you would if you were baking a potato. Bake at 400 degrees for 30-40 minutes. The fleshy inside can then be scooped out and mashed. <u>To bake halves:</u> Slice the eggplant in half. Brush the cut side with oil, add seasonings and bake for 20-30 minutes at 425 degrees. For a stuffed eggplant, remove some of the white flesh and stuff the scooped-out area with meat or vegetable stuffing before baking. <u>To oven fry:</u> Peel the eggplant and cut it into slices that are $\frac{3}{4}$ inch thick. Coat the slices with seasoned breadcrumbs or seasoned flour and bake at 350 degree for 20 minutes. <u>To broil or grill:</u> Cut the eggplant into $\frac{3}{4}$ inch slices and brush each slice with margarine or Italian dressing. Broil or grill for 5 minutes on each side. Remove from the heat when the slices are tender and slightly browned. Sprinkle them with grated Parmesan cheese. <u>To pan fry:</u> Wash and cut the eggplant into slices. Coat the slices with seasoned breadcrumbs or seasoned flour. Spray a non-stick pan with vegetable spray and place the slices in the pan. Cook on both sides until the outside is crispy and the inside is tender.	Go over ways to prepare eggplant with participants allowing discussion.
Use garlic, rosemary, oregano, marjoram, chili powder or curry powder to season eggplant.	If possible, have some seasonings available that enhance eggplant.
Why would we want to eat eggplant? Eggplants have a small amount of nutrients. They are low in calories and sodium. Eating them unpeeled provides fiber. They also contain some folate and potassium.	Refer to Eggplant Nutrition Information sheet.
Why is fiber important? (Answer: Fiber helps keep our digestive system healthy. It also keeps us feeling full.)	Call on someone who would like to answer.
Are you ready to try out a recipe using eggplant? What is the first thing we always do before preparing food? (Answer: Wash our hands.)	Review Handwashing skill sheet.



= for adults or older youth

Use this page if you are going to prepare Herbed Baby Eggplant

Equipment List

- Cutting boards
- Knives
- Baking sheet
- Measuring spoons
- Liquid measuring cups
- Small bowl
- Large bowl
- Spoons
- Oven

What You Say:	What You Do:
Today we are going to be making Herbed Baby Eggplant. Let's read the recipe together before we begin.	• Pass out recipes and read through with participants.
How many food groups are used in this recipe? (Answer: 1. Eggplant and garlic are from the vegetable group.) We will be using small oriental-type eggplants in this recipe.	• Call on someone who would like to answer. • Point to the MyPlate poster. • Show a visual of the different types of eggplants.
What is the first thing that we need to do before cutting the eggplant? (Answer: Wash it.)	• Review Washing Fruits and Vegetables skill sheet. • Demonstrate washing the eggplant.
We will be using a knife and cutting board to cut the eggplant and also to chop the garlic. What are some things we need to know about knives and cutting boards?	• Refer to the Knife Safety and Cutting Boards skill sheet.
The olive oil and garlic will be drizzled over the eggplant before baking. What does the cooking term "drizzle" mean? (Answer: To sprinkle drops of liquid lightly over food.)	• Call on someone who would like to answer and then define "drizzle".
After the eggplant is baked and the vinegar is added, it is tossed with the basil. What does the cooking term "toss" mean? (Answer: To combine ingredients with a lifting motion.)	• Call on someone who would like to answer and then define "toss".

Use this page if you are going to prepare Easy Eggplant Stir Fry

Equipment List

- Knife
- Cutting board
- Vegetable peeler
- Measuring spoons
- Measuring cups
- Skillet
- Spoon

What You Say:	What You Do:
Let's read through the recipe before we begin.	• Pass out the recipes and read through the steps with the participants.
What food group is represented in this recipe? (Answer: Vegetable.) Eggplant, zucchini, green pepper, onion and tomatoes are all from the vegetable group. MyPlate shows us that $\frac{1}{2}$ of our plate should be fruits and vegetables. We should be eating 1-4 cups of vegetables per day depending on our age and gender. This recipe helps us to meet that goal.	• Point to the MyPlate poster. • Call on someone who would like to answer. • Refer to the Daily Vegetable Chart.
What is the first thing that we need to do to the vegetables before we prepare them for the recipe? (Answer: Wash them.)	• Allow discussion on how to wash the vegetables used in this recipe. • Refer to Washing Fruits and Vegetables skill sheet.
We will be using a knife and cutting board to prepare the vegetables. What are some things we need to remember about using knives and cutting boards?	• Call on someone who would like to answer. • Refer to Knife Safety and Cutting Boards skill sheet.
The vegetables will be stir-fried in a skillet on the stove using low heat.	• Go over Stove Top Safety skill sheet.
The stir-fry will be served over brown rice.	

Visuals



Eggplant blossom



Eggplant growing on the plant



Specialty eggplant



Peeled eggplant slices

Eggplant Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Eggplant, cubed and cooked	½ cup, 50 g	17	1.2	0%	1	61	7
Daily Recommendations RDA=Recommended daily allowance AI=Adequate intake	1-4 cup servings of vegetables per day depending on age.	Varies according to age and activity level	AI (depending on age) ranges from 14-33.6 g	Daily Value based on a 2,000 calorie per day diet	RDA (depending on age) ranges from 25-90 mg	AI (depending on age) ranges from 3,000-4,700 mg)	RDA (depending on age) ranges from 150-400 mcg)

Eggplant Sources

Recipe

- myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/easy-eggplant-stir-fry

Clues

- easyscienceforkids.com/eggplant/

Other

- myplate.gov/eat-healthy/vegetables
- fruitsandveggies.org/fruits-and-veggies/eggplant/
- snaped.fns.usda.gov/seasonal-produce-guide/eggplant
- eatfresh.org/discover-foods/eggplants
- extension.umaine.edu/publications/4307e
- extension.illinois.edu/sites/default/files/blog_handout_-_eggplant.pdf

Lakota translation

- Translated by Jeshua Estes

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SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

In season:



Summer

Eggplant

Lakota: *wagmúthoša*

Pick it!

Related to tomatoes and peppers.

Eggplants weigh about 1-5 pounds and are oval or elongated.

Usually dark purple-colored skin and white, spongy flesh.

Mature when flesh bounces back when pressed; hard to press is not mature yet; retaining dent is too mature.

Look for an oval-shaped dimple near the blossom end.

Refrigerate in plastic for 1-2 days.

Cook with or without the skin; peeling is desirable for large eggplant. Use only a stainless steel knife.



Try it!

Can be baked, broiled, microwaved, sautéed, grilled or stewed. It is not eaten raw.

Salting the eggplant is done to remove bitterness. Cut up eggplant, sprinkle with salt, let it drain, rinse with cool water and pat dry.

Milk flavor is enhanced by adding spices such as garlic or foods such as tomato, onion or cheese.

Undercooked eggplant will have a chewy texture.



Types of Eggplant

Standard Oval: Glossy, purple/black skin, bulb-shaped, most common variety

Japanese/Oriental: Long, slender fruit with delicate skin, often more delicate flavor

Specialty: Includes striped, all white or small purple fruits



Did you know...

Fiber is found in the skin and pulp of fruits and vegetables. Dietary fiber can be either soluble or insoluble. Fiber prevents constipation and lowers risk of diabetes and heart disease.

Like it!

Herbed Baby Eggplant

Ingredients

- 3 pounds small oriental-type eggplants
- 3 teaspoons salt
- 2 teaspoons garlic; finely chopped
- ½ cup olive oil
- ⅓ cup red wine vinegar
- Black pepper
- ½ cup fresh basil leaves; shredded or 1 teaspoon dried basil

Directions

1. Wash eggplants, remove caps and cut into quarters or halves.
2. Sprinkle salt over eggplant and let drain for 30 minutes.
3. Preheat oven to 400° Fahrenheit.
4. Rinse salt off eggplant, pat dry and cut into pieces.
5. Place pieces on baking sheet in a single layer.
6. Mix the garlic and oil.
7. Drizzle garlic/oil mixture over eggplant.
8. Bake 30 minutes or until eggplants are brown and tender.
9. Let cool slightly.
10. Rinse basil leaves, chop finely. Or measure dried basil.
11. Put eggplants into a large bowl and drizzle with vinegar.
12. Add the basil and toss.

Yields 6 servings.

Nutrition Facts per Serving:
Calories 230; Fat 19g; Cholesterol 0mg; Sodium 1160mg;
Carbohydrates 14g; Sugar 3g; Fiber 8g; Protein 3g

Easy Eggplant Stir Fry

Ingredients

- 2 eggplants; peeled and cubed
- 1 zucchini; thinly sliced
- 1 cup green bell pepper; cut into strips
- 2 onions; sliced
- 3 Tablespoons low-fat Italian dressing
- 2 cups cherry tomatoes
- 2 cups brown rice; cooked

Directions

1. Place eggplant, zucchini, green bell pepper 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.
4. Serve over cooked brown rice.

Yields 4 servings.

Nutrition Facts per Serving:
Total Calories 238; Total Fat 3g, Saturated Fat 0g;
Cholesterol 0mg; Sodium 115mg; Carbohydrates
51g, Dietary Fiber 13g, Total Sugars 17g, Added Sugars
included 1g; Protein 7g

Source: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/easy-eggplant-stir-fry

Lakota word translated by Jeshua Estes

**Find more recipes
and videos at
extension.sdstate.edu**

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