

EGGPLANT

Aubergine

Eggplants contain a powerful phytonutrient called nasunin. Nasunin is a potent antioxidant and free radical scavenger that has been shown to protect cell membranes from damage. It has been found to protect the lipids (fats) in brain cell membranes.

Cell membranes are almost entirely composed of lipids and are responsible for protecting the cell from free radicals, letting nutrients in and wastes out, and receiving instructions from messenger molecules that tell the cell which activities it should perform. Eggplants are a Brain Food!

Serving suggestions:

Eggplant should be cooked, raw eggplant is not palatable

Roast: puree with lemon juice, tahini, and olive oil to make eggplant dip (babaganoush)

Cut into thick slices, drizzle with olive oil and grill

Substitute roasted eggplant slices for lasagna noodle to make a gluten free dish

Bread and pan fry to create a base for eggplant parmesan

Nutrition Tip:

Although they look hardy, eggplants are actually very perishable and care should be taken in their storage. Eggplants are sensitive to both heat and cold and should ideally be stored at around 50 degrees F. Do not cut eggplant before you store it as it perishes quickly once its skin has been punctured or its inner flesh exposed. The vegetable crisper in your refrigerator is an ideal place to store eggplant.

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**BIO-INDIVIDUAL NUTRITIONAL
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