



# Summer Veggie & Wild Rice Bake

<b>1</b> (6 ounce box) wild rice with herbs and seasoning	<b>1</b> green pepper, chopped	<b>½ cup</b> coarsely chopped fresh basil
<b>1 tablespoon</b> olive oil	<b>1</b> medium onion, chopped	<b>2 teaspoons</b> salt
<b>1</b> medium eggplant, peeled and diced	<b>6 cloves</b> garlic, minced	<b>1 teaspoon</b> pepper
<b>2</b> yellow squash, cut lengthwise, sliced crosswise	<b>3-5</b> tomatoes, coarsely chopped	<b>1 cup</b> low fat shredded Italian cheese blend

**Heat** oven to 350 degrees F. **Prepare** wild rice in saucepan according to package directions. **Remove** from heat; **drain** excess water; **stir** in packet seasonings. **Heat** oil to medium high in large skillet. **Add** eggplant, squash, pepper and onion; **stir** and cook 5 minutes or until tender crisp. **Stir** in garlic and cook 1 minute. **Add** tomatoes, basil, salt and pepper; **stir** occasionally and **cook** 2 minutes until heated through. **Stir** in wild rice and spoon into a 9-by-13 inch baking dish

that has been coated with cooking spray. **Top** with cheese and **cover** with aluminum foil. **Bake** 35 minutes or until bubbly. **Uncover** and **bake** an additional 5 minutes.

**Yield:** 16

**Serving Size:** ½ cup

**Nutritional Analysis:**

90 calories, 2.5 g fat, 1 g saturated fat, 5 mg cholesterol, 469 mg sodium, 13 g carbohydrate, 2 g fiber, 3 g sugars, 4 g protein.

# Kentucky Eggplant

**SEASON:** Late June to October.

**NUTRITION FACTS:** Eggplant contains small amounts of several important vitamins that are needed daily. It is very low in sodium and calories, with only 15 calories for a half cup serving.

**SELECTION:** Select firm, heavy eggplant with smooth, shiny, deep purple skin. Choose medium size eggplant, about 3 to 4 inches in diameter.

**STORAGE:** Store soon after harvest or purchase in the vegetable crisper in the refrigerator. Use within one week.

**PREPARATION:** Eggplant is a versatile vegetable and can be baked, broiled, grilled, fried,

stuffed or used in a variety of casseroles in combination with other vegetables. It works well with tomatoes, garlic, onions and cheese. One pound equals 3 cups diced. Eggplant should be peeled before preparation, unless it is very young and tender.

**To broil or grill:** Cut into three-fourth inch slices and brush with margarine or Italian dressing. Broil or grill for about 5 minutes on each side, until eggplant is tender and browned. Remove from heat and sprinkle with grated Parmesan cheese.

**To season:** Use marjoram, oregano, allspice, chili powder, curry powder, garlic, basil or rosemary.

**KENTUCKY EGGPLANT**

**Kentucky Proud Project**

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

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**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

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