

RECIPE IDEA:

# Chinese Eggplant with Spicy Garlic Stir-Fry

## INGREDIENTS

- 2 tablespoons cooking oil
- 3 small eggplants cut into long strips
- 2 cloves garlic, minced
- 1 red chile pepper, diced
- 1 tablespoon fresh ginger, minced
- 1 stalk green onion, chopped
- 1 tablespoon soy sauce
- 1 tablespoon balsamic vinegar
- 1/2 teaspoon sugar

## DIRECTIONS

1. In a wok or saucepan over high heat, add 1 tablespoon of the cooking oil and swirl to coat wok.
2. When wok is hot, add eggplant in a single layer. Cook 1 minute and flip over each piece so they cook evenly.
3. Cook another 2-3 minutes, flipping occasionally.
4. Push eggplant aside in wok and add 1 tablespoon cooking oil.
5. Add garlic, red chile peppers, ginger and green onion. Stir these aromatics until they become fragrant.
6. Combine aromatics with eggplant and stir fry for one minute.
7. Add soy sauce, black vinegar and sugar and stir to combine all. Serve immediately.



Serves: 4



### Cooking Tip:

If you can't find the smaller, less bitter variety of eggplant in your grocery store, you can substitute the larger globe variety. To make the larger eggplant more tender and reduce some of its naturally occurring bitter taste, you can sweat the eggplant by salting it.

After cutting the eggplant into the desired size and shape, sprinkle it with salt and allow it to rest for about 30 minutes. This process will also pull out some of its water content and make it less permeable to absorbing any oil used in cooking. Rinsing the eggplant after "sweating" will remove most of the salt.

### Nutrition Nugget

Eggplants aren't powerhouses of nutrition like some other fruits or vegetables. However, they are still a great part of a balanced, healthy diet and a wonderful meat substitution for Meatless Mondays or for vegetarians. They have a good amount of potassium, folate, magnesium, copper, manganese, niacin, fiber and several vitamins. In addition, the caloric content of eggplants is very low, making it an excellent choice for those who want to lose weight or maintain their weight.