



Spicy Garlic Eggplant

– Steamed Brown Rice –

¼ CUP LOW SODIUM SOY SAUCE

– Serves 4 –

2 tbsp. Chinese Black Vinegar or Balsamic Vinegar

2 tbsp–Rice wine or Dry Sherry

1 tbsp Sugar

1 tsp–Crushed Red Pepper Flakes

**4 Medium Japanese Eggplants, sliced on bais 2" thick crosswise
and cut into 6 wedges**

2 tbsp canola oil

10 cloves garlic

1 (3") piece ginger, peeled and minced

1 tsp–sesame oil

¼ Cup minced scallions

4 Cups–Steamed Brown Rice

METHOD

In a bowl combine whisk together soy sauce-vinegar-rice wine-sugar-chili flakes and set aside. Set up steamer by placing $\frac{3}{4}$ " water in a sauce pot or wok in which a bamboo steamer basket will fit. Bring to a boil and place eggplant in basket for about 6-8 minutes. Then transfer to plate, remove water from wok and wipe dry. Then returning to stove top at high heat. Add canola oil-garlic-and ginger, stir fry 10 seconds. Add eggplant stir fry 20 seconds, then stir in sauce and reduce until thickened about 3-4 minutes. Remove from heat drizzle in sesame oil and scallions. Place brown rice in center of bowl and spoon eggplant on top of rice and garnish with sliced scallions.