



Stir-Fried Eggplant

Prep: 5 minutes | Cook: 15 minutes | Total: 20 minutes

Yield: 2 servings | Serving Size: ~¾ cup

Ingredients

- 1 medium eggplant, cut into bite-sized cubes (about 3 cups)
- 2 teaspoons olive oil
- 1 tablespoon lite (reduced-sodium) soy sauce
- 2 teaspoons packed brown sugar
- 2 teaspoons grated fresh ginger (or ½ teaspoon ground dried ginger)
- 1 clove garlic, minced (about ½ teaspoon)

Directions

1. In a small bowl, whisk together the soy sauce, sugar, ginger, and garlic to make a sauce. Set aside.
2. Heat a large skillet or sauté pan over medium heat.
3. Add the oil and heat until shimmering.
4. Add the eggplant and cook, stirring occasionally, for 10 minutes.
5. Add the sauce. Continue to cook, stirring often, until the eggplant is tender and glazed with the sauce, about 3-5 minutes.
6. Serve warm.

Recipe Notes

- Add a protein, such as cooked chicken, fish, or tofu and/or serve over cooked brown rice, if desired.

**Nutrition Facts Per Serving: Calories: 100 | Total Fat: 6 g | Saturated Fat: 1 g
Sodium: 500 mg | Total Carbohydrate: 10 g | Dietary Fiber: 2 g | Protein: 1.5 g**

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs