



sweet and sour eggplant

Servings
4 servings

Prep Time
30 minutes

Cook Time
20 minutes

Kosher Key
Parve

Description

A simple Chinese-inspired recipe: Sweet and Sour Eggplant with red peppers. Vegan, healthy, gluten free, dairy free, kosher, pareve.

Ingredients

- 1 lb Chinese or Japanese eggplants, cubed
- 1 red bell pepper
- 3 tbsp soy sauce (for gluten free use a certified GF tamari sauce)
- 2 tbsp brown sugar
- 2 tbsp rice vinegar (for gluten free use a certified GF vinegar)
- 1 clove garlic, minced
- 1/4 tsp cayenne (optional, adds spiciness)
- 2 tsp cornstarch
- 3 tbsp peanut oil (or another oil with a high smoke point)
- 1 tbsp sesame seeds
- Salt and pepper to taste
- 2 cups cooked long grain rice, white or brown (optional)

Instructions

1. Place the cubed eggplant in a single layer on a cutting board or a bed of paper towels. Sprinkle the eggplant with salt and let stand.
2. After about 30 minutes, water droplets will form on the surface of the eggplant.
3. Rinse salt from the eggplant thoroughly and pat dry.
4. Seed the bell pepper, then cut it into long thin slices. Cut the slices in half.
5. In a small mixing bowl, whisk together soy sauce, rice wine vinegar, brown sugar, garlic, and cayenne pepper. Reserve.

6. In a small bowl, mix together cornstarch with 1 tbsp water till dissolved.
7. Pour cornstarch liquid into reserved sauce, whisk till well combined.
8. Heat oil in a skillet or wok over medium high till hot (not smoking). Add eggplant cubes and sauté till the edges begin to brown, 4-5 minutes.
9. Add the red pepper slices and continue to sauté for 3-4 more minutes till the pepper slices are tender-crisp.
10. Reduce heat to medium. Pour the reserved sauce over the top of the eggplant and peppers. Stir the sauce with the vegetables till they are evenly coated. Continue to stir till the sauce thickens, about 2 minutes.
11. Pour over rice, if serving as an entrée. Sprinkle sesame seeds over the top of the eggplant and peppers. Serve.

Nutrition Facts

Sweet and Sour Eggplant

Amount Per Serving

Calories 280 Calories from Fat 99

% Daily Value*

Total Fat 11g	17%
Saturated Fat 1g	5%
Sodium 760mg	32%
Potassium 389mg	11%
Total Carbohydrates 39g	13%
Dietary Fiber 4g	16%
Sugars 11g	
Protein 5g	10%
Vitamin A	20.1%
Vitamin C	49.4%
Calcium	4.8%
Iron	6.6%

* Percent Daily Values are based on a 2000 calorie diet.