

EGGPLANT WITH GARLIC SAUCE

INGREDIENTS

- 1 medium **carrot**
- 1 medium **bell pepper**
- 2 medium **Asian eggplants**
- 1 (1 inch) piece **ginger** (about 1 tablespoon minced)
- 1 clove **garlic**
- 1 pound **lean ground pork**

Sauce:

- 1 tablespoon **sugar**
- 1 tablespoon **cornstarch**
- 1 tablespoon **vinegar**
- ¼ cup **less sodium soy sauce**
- ¾ cup **water**
- Optional: **chili pepper**

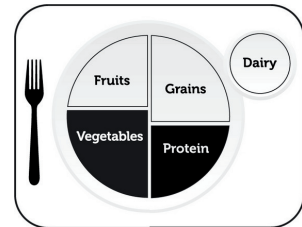
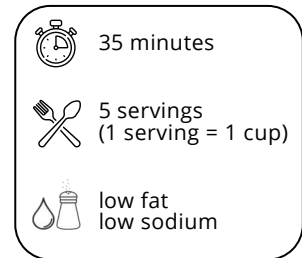
DIRECTIONS

Always practice food safety when cooking.

- 1) Slice carrot into ¼ inch thick pieces. Set aside.
- 2) Slice bell pepper into ½ inch thick pieces. Set aside.
- 3) Slice eggplants into ½ inch thick pieces. Set aside.
- 4) Mince the garlic and ginger. Set aside.
- 5) In a small bowl, combine sauce ingredients: sugar, cornstarch, vinegar, soy sauce, water, and chili pepper (optional).
- 6) In a large pot, stir-fry ground pork on medium high until browned. Remove excess fat.
- 7) Reduce heat to medium and add ginger and garlic. Stir-fry for about a minute.
- 8) Add carrot, bell pepper, and eggplants. Stir-fry until vegetables are tender. Lower heat to medium low.
- 9) Add sauce mixture to pot and stir until sauce is well combined with other ingredients.

NOTES

- Ground beef, chicken, or turkey can be used in place of the pork.
- Firm or extra firm tofu which has been drained and patted dry with a clean paper towel could also be used in place of the ground pork.
- Other vegetables can be used.



Nutrition Facts	
5 servings per container	
Serving size	1 cup (249g)
Amount per serving	
Calories	170
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 550mg	24%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 3g Added Sugars	6%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 1mg	6%
Potassium 589mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.