

SOY-GLAZED EGGPLANT

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Ingredients

- 1 Eggplant (5-6 cups cubed)
- 2 Tablespoon Olive Oil
- 1/4 Cup Soy Sauce
- 1/4 Cup Brown Sugar
- 2 Cloves Garlic, minced
- 1 Tablespoon Grated Fresh Ginger

Directions

1. Cut the eggplant into 1-inch cubes.
2. Add the olive oil to a large skillet at head over medium heat. Add and cook the eggplant cubes, stirring occasionally, until they are softened (about 10 minutes).
3. If the eggplant begins to stick, add a couple of tablespoons of water to the skillet to help loosen the eggplant. In a bowl, mix the soy sauce, brown sugar, minced garlic, and ginger.
4. Once the eggplant is soft, pour in the soy-ginger glaze. Continue to stir and cook the eggplant in the skillet, dissolving any browned bits off the bottom, for about 5 more minutes.

Nutrition Fun Facts

Eggplant is a great side addition to any meal, it offers fiber to keep you feeling full longer, along with many vitamins & minerals to keep your immune system strong!

Modified Recipe & Photo courtesy of www.budgetbytes.com