



MAPLE STIR FRIED EGGPLANT

INGREDIENTS

- 2 medium eggplants, peeled
- 2 tsp salt
- ¼ c chicken stock
- 2 Tbsp Sweet Heat
- 1 Tbsp soy sauce
- ¼ c peanut oil
- 2 cloves garlic, minced
- 2 tsp ginger, grated (or 1 Tbsp Sweet Ginger)
- 3 green onions, sliced
- 1 Tbsp balsamic vinegar
- 1 Tbsp sesame oil

DIRECTIONS

- 1 Cut eggplants into 1/2 x 2-inch strips.
- 2 Toss with salt, place in colander and let drain 30 minutes.
- 3 Rinse and pat dry.
- 4 In small bowl mix chicken stock, Sweet Heat and soy sauce.
- 5 Preheat skillet, add 3 Tbsp peanut oil.
- 6 Add eggplant, stir fry until softened.
- 7 Remove eggplant from skillet.
- 8 Reduce heat and add remaining peanut oil, garlic, and ginger.
- 9 Cook briefly.
- 10 Add maple soy sauce mixture, green onions and increase heat to bring to boil.
- 11 Add eggplant and stir to coat pieces.
- 12 Stir in vinegar and sesame oil.
- 13 Remove from heat.

YIELD 4-6 servings