



Thai Cuisine Restaurant

Come explore the wonderful flavors of THAI food . . .

Stir-fried Chinese Eggplant, Basil, and Chili Pepper

Eat this dish with brown rice to get extra fiber.

Ingredients

| | |
|---|----------|
| Chinese Eggplant | 1 lb. |
| Cut to bite size pieces | |
| Garlic, chopped | 3 cloves |
| Basil leaves | 1 oz. |
| Chili pepper, | 2-3 |
| Serrano, Jalapeno, Thai chili, or Bhut Jolokia chili | |
| Quantity use depended on your palate and how hot & spicy you want | |
| Canola oil | 1 TBS |
| Sea Salt | ¼ tsp |
| Soy sauce | ½ TBS |
| For gluten-free, substitute soy sauce with | |
| ¼ tsp on Sea Salt | |
| Water | 1 cup |

Cook brown rice according to the instruction on the package.

Heat skillet over medium-high heat. Add Canola oil and swirl to coat the surface. When the oil is hot, add garlic. Stir to prevent garlic to burn. When garlic turns slightly brown, add eggplant and stir well for 1-2 min. Add sea salt, and soy sauce, stir well for 1 min. Add chili pepper and stir. Add water and stir. Put a lid on the skillet and occasional stir the eggplant for 2 min. Add basil leaves and stir until the basil leave turn dark green and eggplant is soft. Taste and adjust flavor to suite your palate. Turn off the heat and transfer eggplant to a serving plate. Serve with brown rice.

Nutrition Information*

Make 4 servings

Per serving:

| | |
|---------------|--------|
| Calories | 95 |
| Protein | 9 g |
| Carbohydrates | 7 g |
| Total fat | 5 g |
| Saturated fat | 0.25 g |
| Cholesterol | 0 mg |
| Dietary fiber | 2 g |
| Sodium | 275 mg |

References: Based on Sue and Willow Junya's home cooking recipe and healthy eating.

*approximated only