



EGGPLANT WITH GARLIC SAUCE



Number of servings: 4

Ingredients:

- 1 medium carrot
- 1 medium bell pepper
- 2 medium eggplants
- 1 thumb size piece ginger
- 1 clove garlic
- 1 pound lean ground meat

Sauce:

- 1 tablespoon sugar
- 1 tablespoon cornstarch
- ¼ cup soy sauce
- 1 tablespoon vinegar
- Optional: chili pepper

Nutrition Facts

Serving Size 1 cup (449g)
Servings Per Container 4

Amount Per Serving

Calories 310 **Calories from Fat** 110

% Daily Value*

Total Fat 12g 18 %

Saturated Fat 4.5g 24 %

Trans Fat 0.5g 0 %

Cholesterol 75mg 25 %

Sodium 1000mg 43 %

Total Carbohydrate 24g 8 %

Dietary Fiber 10g 35 %

Sugars 11g

Protein 27g

Vitamin A 50% ■ Vitamin C 60%

Calcium 6% ■ Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4

Directions:

1. SLICE carrot, bell pepper, and eggplants. SET aside.
2. MINCE ginger and garlic. SET aside.
3. In a small bowl, COMBINE sauce ingredients: sugar, cornstarch, soy sauce, vinegar, and optional: chili pepper.
4. In a large pot, FRY meat with ginger and garlic.
5. ADD carrot, bell pepper, and eggplants. STIR FRY until almost done.
6. ADD sauce to mixture and STIR.

Variations:

Other vegetables may be used.

Other meats may be used.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.