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Easy Eggplant Stir Fry

Source: What's Cooking? from USDA

Serving size: 1/4 of recipe **Servings per recipe:** 4

This skillet stir fry makes for a delicious one dish family meal!

Ingredients

2 eggplants (peeled and cubed)
 1 zucchini (thinly sliced)
 1 cup green bell pepper (cut into strips)
 2 onion (sliced)
 3 tablespoons Italian salad dressing (low fat)
 2 cups cherry tomatoes
 2 cups brown rice (cooked)

Materials

Cutting board & sharp knife, measuring cups & spoons, skillet, mixing spoon

Directions

1. Place eggplant, zucchini, green bell pepper, onions and salad dressing into a skillet.
2. Stir lightly to combine and cook over low heat until tender.
3. Stir in cherry tomatoes and cook for 3-5 minutes. Serve over cooked brown rice.

Nutrition Facts

4 servings per container

Serving size 1 Portion

Amount Per Serving

Calories 230

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg 0%

Sodium 90mg 4%

Total Carbohydrate 50g 18%

Dietary Fiber 9g 32%

Total Sugars 11g

Includes 0g Added Sugars 0%

Protein 6g 12%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) 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.

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