

# Easy Eggplant Stir Fry

**Makes:** 4 servings

## Ingredients

- 2 eggplant (peeled and cubed)
- 1 zucchini (thinly sliced)
- 1 cup green bell pepper (cut into strips)
- 2 medium onions (sliced)
- 2 cups cherry tomatoes
- 2 cups brown rice (cooked)
- 2 Tablespoons olive oil
- ½ Teaspoon garlic powder
- 1 teaspoon Italian seasoning

## Directions

1. Mix olive oil, garlic powder, and Italian seasoning together in a small bowl.
2. Place eggplant, zucchini, green bell pepper, onions and olive oil mixture into a skillet.
3. Stir lightly to combine and cook over low heat until tender.
4. Stir in cherry tomatoes and cook for 3-5 minutes.
5. Serve over cooked brown rice.

**Total Cost:** \$8.31

**Serving Cost:** \$2.08

**Source:** Connecticut Food Policy Council, Farm Fresh Summertime Recipes



## Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>(633g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>300</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 53g	<b>19%</b>
Dietary Fiber 11g	<b>39%</b>
Total Sugars 18g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 77mg	<b>6%</b>
<b>Iron</b> 2mg	<b>10%</b>
<b>Potassium</b> 1060mg	<b>25%</b>

\*The % Daily Value 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.

