

Easy Eggplant Stir Fry

Ingredients:

- 2 eggplants, peeled and diced
- 1 zucchini, thinly sliced
- 1 cup green bell pepper, cut into strips
- 2 onions, sliced
- 3 tablespoons low-fat Italian salad dressing
- 2 cups cherry tomatoes
- 2 cups brown rice, cooked

Preparation:

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.

Yields 4 servings

Nutritional Information Per Serving: 230 calories, 5g protein, 51g carbohydrate (9g fiber), 2.5g fat, 0mg cholesterol, 90mg sodium

Source: U.S. Department of Agriculture

