Szechuan Eggplant

Serves 2

Ingredients:
1 medium eggplant, cut into 1” dice
1 T. garlic, minced
1 ½ T. olive oil
½ t. salt
½ t. pepper
For sauce:
2 T. fish sauce
2 T. lite soy sauce
1 T. water
1 T. white vinegar
1 packets of Truvia – or 1 ½ T. sugar
1 T. chili paste – spicy!
½ T. ground bean sauce
½ T. sesame oil

Directions:

1. Preheat oven to 425 degrees.
2. Dice the eggplant, spread onto baking sheet and sprinkle with the salt and pepper and drizzle over the olive oil.
3. Bake for 15 – 20 minutes or until eggplant is tender and slightly crispy.
4. Mix all ingredients together for the sauce.
5. On high heat, stir-fry garlic for 5 seconds then add sauce. Reduce heat and let sauce simmer 2 minutes or until thickened slightly.
6. Add eggplant and simmer for another minute.

Enjoy!

http://spiceamecooks.wordpress.com/