

Easy Eggplant Stir Fry

Yield 4 servings

Ingredients

2	eggplant (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)

Instructions

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.

Cost

Per recipe: \$7.17

Per serving: \$1.79

Source

Connecticut Food Policy Council, [Farm Fresh Summertime Recipes](#)

Nutrition Facts	
Serving Size 1/4 recipe (497g)	
Servings Per Container 4	
Amount Per Serving	
Calories 230	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 50g	17%
Dietary Fiber 9g	36%
Sugars 11g	
Protein 6g	
Vitamin A 30%	Vitamin C 70%
Calcium 4%	Iron 10%
*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	