

# Sesame Garlic Eggplant Stir Fry



## **INGREDIENTS**

- 1 large eggplant (cut into 1 inch chunks)
- 1½ c. bok choy, sliced
- 1/3 c. roasted red pepper strips
- 1/4 c. red onion, thinly sliced
- 1 can straw mushrooms, drained
- 2 small cloves fresh garlic, chopped
- 2 T canola oil
- 3 T sesame oil
- ½ t salt
- 1/4 t freshly ground black pepper
- 1/4 t garlic powder
- 1/8 t crushed red pepper flakes
- 1/8 t sesame seeds

\* Protein can be added to make it a complete meal.

## **DIRECTIONS**

Have the vegetables washed and cut and the ingredients measured out in advance so you are ready to make the stir fry very quickly.

Put canola oil in wok (or large frying pan) over high flame and let oil get hot. Add the garlic, onion and red pepper strips and stir for a few seconds. As you continue stirring, add the eggplant, bok choy, mushrooms and salt. Let it cook for approximately 2 minutes.

Stir in the remaining ingredients. Cook for another 2 minutes and serve.