

Sichuan-Style Eggplant with Tofu

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-eggplant-and-tofu-recipe>

Ingredients:

- 1 pound asian eggplant cut on an angle into 1/2-inch, 12-mm slices
- 1 tablespoon black bean garlic sauce
- 1 tablespoon chinese rice wine or dry sherry
- 1 tablespoon soy sauce
- chile sauce
- 1 tablespoon Sriracha
- 2 teaspoons chinese black vinegar or balsamic vinegar
- 1 teaspoon sugar
- 2 tablespoons canola oil
- 1 tablespoon fresh ginger finely chopped
- 1 tablespoon chopped garlic finely
- 1/2 pound tofu baked, cut into 1/2-inch, 12-mm cubes
- 2 green onions thinly sliced
- 2 tablespoons roasted peanuts chopped
- steamed rice for serving

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 14 grams
3. Fat: 12 grams
4. Fiber: 4 grams
5. Protein: 8 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 350 milligrams
8. Sugar: 5 grams

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