

Chinese Eggplant with Garlic Sauce

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-rice-wine-vinegar-recipe>

Ingredients:

- 6 Chinese eggplants halved lengthwise
- 2 tablespoons safflower oil divided
- kosher salt
- 1/4 cup low sodium soy sauce divided
- 2 tablespoons rice vinegar
- 1 tablespoon sambal oelek
- 1 tablespoon corn starch
- 1 pound turkey sausage broken up
- 2/3 cup low fat chicken broth low-sodium
- 1/4 cup wine sake
- 1 tablespoon sesame oil
- 1 tablespoon honey
- 1 teaspoon bean sauce chile, or Sichuan bean paste
- 4 garlic cloves minced
- 4 green onions including white parts, chopped
- 1/2 red bell pepper seeded and thinly sliced
- 1/2 orange bell pepper or yellow, seeded and thinly sliced
- 1 tablespoon fresh ginger grated
- steamed white rice
- green onions Chopped, for garnish, optional

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 74 grams
3. Cholesterol: 85 milligrams
4. Fat: 20 grams
5. Fiber: 26 grams

6. Protein: 32 grams
 7. SaturatedFat: 3 grams
 8. Sodium: 1450 milligrams
 9. Sugar: 23 grams
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