

## Side Dishes

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# Stir-Fried Eggplant

**Servings: 4**

*Exchanges: One serving = 1 1/2 vegetable, 1/2 fat*

**1 large (1 lb) eggplant**

**1 teaspoon turmeric**

**1 teaspoon garlic, minced**

**1/4 teaspoon red pepper flakes**

**1 tablespoon corn oil**

cut eggplant into strips.

Mix together turmeric, garlic, and red pepper flakes.

Moisten eggplant with water and toss with spices.

Heat corn oil in nonstick pan over high heat. Quickly stir in eggplant. Cook until tender.

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Per Serving (excluding unknown items): 63 Calories; 4g Fat (48.4% calories from fat); 1g Protein; 8g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 1/2 Fat.