



Makes 4 cups
Preparation Time: 20 minutes
Cook Time: 10 minutes

INGREDIENTS:

½ cup low-sodium vegetable broth
1 tablespoon hoisin sauce
1 tablespoon balsamic vinegar
2 teaspoons arrowroot powder
1 teaspoon pure cane sugar
1 teaspoon chili garlic sauce
1 teaspoon. reduced-sodium soy sauce
2 cups ¾-inch cubed eggplant
1 cup sliced leeks
1 fresh jalapeño chile, sliced (see tip in recipe intro)
2 cloves garlic, minced
2 cups broccoli rabe, cut into 2-inch pieces
1 cup cherry or grape tomatoes
1 8-oz. can sliced water chestnuts, rinsed and drained
2 cups hot cooked wheat berries
Crushed red pepper

Szechwan Stir-Fry

Remember water chestnuts from chow mein when you were a kid? Those crunchy veggies are making a comeback in this spicy stir-fry, which also features juicy tomatoes, fork-tender eggplant, and spicy jalapeño chiles.

Tip: Chile peppers contain oils that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them.

By Nancy Macklin, RDN

- 1 For sauce, in a small bowl combine the first seven ingredients (through soy sauce) and ¼ cup water. Mix well.
- 2 In a large wok or extra-large skillet cook and stir eggplant, leeks, jalapeño, and garlic over high 5 minutes, adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking. Add broccoli rabe, tomatoes, and water chestnuts; cook and stir 2 to 3 minutes or until broccoli rabe is just starting to get tender.
- 3 Stir sauce and add to wok. Mix well; cook and stir 1 to 2 minutes or until sauce is thickened. Serve over wheat berries and sprinkle with crushed red pepper.