



Makes 6 cups vegetables + 4 cups rice
Preparation Time: 30 minutes

INGREDIENTS:

1 large eggplant, peeled, halved lengthwise, and cut into $\frac{3}{4}$ -inch slices

3 red, green, and/or yellow bell peppers, thinly sliced

1 lb. portobello mushrooms, stems and gills removed, cut into $\frac{1}{2}$ -inch slices

1 cup chopped onion

$\frac{1}{4}$ cup hoisin sauce

2 tablespoons reduced-sodium soy sauce

3 cloves garlic, minced

2 teaspoons grated fresh ginger

2 teaspoons arrowroot powder

$\frac{1}{2}$ cup thinly sliced fresh Thai basil

4 cups hot cooked brown rice

1 tablespoon sriracha sauce (optional)

Thai Basil Eggplant

This saucy and spicy **Thai** basil eggplant recipe is ideal for busy weeknights. Coming together in just 30 minutes, the fresh eggplant, peppers, mushrooms, and onions are drenched in a savory mix of hoisin, soy sauce, and aromatic spices while a sprinkling of **basil** brings all the flavors together. Serve over a bed of warm brown rice, and dig in!

By Nancy Macklin, RDN

- 1** In an extra-large skillet cook eggplant, peppers, mushrooms, and onion over medium 8 to 10 minutes or until almost tender, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. (If necessary, cook vegetables in batches then return all vegetables to skillet.)
- 2** In a small bowl stir together the next five ingredients (through arrowroot powder) and 1 cup water. Add to vegetables; cook 2 to 3 minutes or until thickened. Stir in half of the basil.
- 3** Serve vegetable mixture over rice. Sprinkle with remaining basil and, if desired, sriracha.