



JAPANESE EGGPLANT

Eggplant can be kept in the refrigerator for 1-3 days before using. Look for firm eggplants that are light for their size. Skin should be even-colored, free of blemishes or soft spots. Avoid those that are flabby or shriveled. They combine well with other vegetables in sautés and casseroles, and work well on kabobs. Eggplant chunks can be dipped in a tempura batter and deep-fried.

Asian Vegetable Guide:

<http://ucanr.org/u.cfm?id=50>



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MARINATED JAPANESE EGGPLANT

Serves 4

INGREDIENTS:

- 5 Japanese (or Chinese) eggplants
- 1 tablespoon sesame oil
- 1 teaspoon grated ginger
- 1 tablespoon rice vinegar
- 1 1/2 tablespoons reduced sodium soy sauce
- 1 teaspoon mirin
- 1 teaspoon sugar

DIRECTIONS:

1. Wash and trim eggplant ends; steam eggplants 10 minutes until barely soft. Cut into bite-size strips.
2. Combine oil, ginger, vinegar, soy sauce, mirin, and sugar in bowl. Mix well until sugar dissolves.
3. Pour over eggplants; chill and marinate overnight.



NUTRITION FACTS PER SERVING:

Calories 140 kcal; Total Fat 4g; Saturated Fat 0.6 g; Cholesterol 0.0 mg; Sodium 234 mg; Carbohydrate 26 g; Dietary Fiber 14 g; Sugar 11.5 g; Protein 4.5 g