

# Healthy Children, Healthy Family

## Easy Eggplant Stir Fry



**Makes:** 5 servings of 1 cup each

**Preparation time:** 30 minutes

### Ingredients:

- 2 small eggplants, peeled and cut in cubes
- 2 tsp olive oil
- 1 zucchini, sliced thinly
- 1 cup green bell pepper, cut in strips
- 1 onion, sliced
- 2 Tbsp Italian salad dressing, low-fat
- 2 cups cherry tomatoes, cut in halves

### Instructions:

1. Heat oil in the skillet. Cook onions 2-3 minutes. Add eggplant, zucchini, peppers, and dressing to skillet.
  2. Mix lightly to combine vegetables. Cook at low heat until tender.
  3. Add the tomatoes and cook 3-5 minutes.
  4. Serve with brown rice or corn tortillas.
- Option: Add 1 cup of cooked shredded chicken for protein after all vegetables are cooked.



### Nutrition Facts

Serving Size (374g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 120</b>	<b>Calories from Fat 30</b>
% Daily Value*	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 45mg</b>	<b>2%</b>
<b>Total Carbohydrate 23g</b>	<b>8%</b>
Dietary Fiber 10g	40%
Sugars 10g	
<b>Protein 4g</b>	
Vitamin A 15%	Vitamin C 70%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 50g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

My Family's Goal: We will try our best to

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