

Easy Eggplant Stir Fry

Serves 6-8

- 2 eggplant , cut into ½" cubes
- 1 zucchini, thinly sliced
- 1 yellow or red pepper bell pepper, cut into strips
- 1-2 onions, sliced
- 3 Tablespoons low-fat Italian salad dressing
- 2 cups cherry tomatoes, cut in half
- 2 cups cooked brown rice



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1. Place eggplant, zucchini, green bell pepper, onions and salad dressing into a skillet.
2. Stir lightly to combine. Cook over medium heat until tender.
3. Stir in cherry tomatoes and cook for 1-2 minutes.
4. Serve over cooked brown rice.



Recipe adapted from Veggie Bites, Jennifer Blazek,
Polk County UW-Extension

University of WI, U.S. Dept. of Agriculture and WI counties cooperating. UW-Extension provides equal opportunities in employment and programming including Title IX and ADA.



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