



**NEW EPISODES
MONDAYS
AT NOON EST**

“Low Fat/High Flavor”

Chicken and Stir-Fry with Eggplant and Basil

- 1/4 cup coarsely chopped fresh basil**
- 2 tbsp chopped fresh mint**
- 3/4 cup chicken stock or broth**
- 3 green (spring) onions, including tender green tops
(2 coarsely chopped and 1 thinly sliced)**
- 2 cloves garlic**
- 1 tbsp peeled and chopped fresh ginger**
- 2 tbsp extra virgin olive oil (EVOO)**
- 1 small eggplant, with peel diced (about 4 cups)**
- 1 yellow onion, coarsely chopped**
- 1 red bell pepper, seeded and cut into julienne**
- 1 yellow bell pepper, seeded and cut into julienne**
- 1 lbs skinless, boneless chicken breast, cut into strips**
- 2 tbsp low sodium soy sauce**

In a blender combine basil, mint, 1/4 cup of stock, chopped green onions, garlic and ginger. Pulse until the mixture is minced but not pureed. Set aside.

In a large non-stick frying pan, heat 1 tablespoon of the olive oil over medium-high heat. Add the eggplant, yellow onion and bell peppers and sauté until the vegetables are just tender, about 8 minutes. Transfer to a bowl and cover with a kitchen towel to keep warm.

Add the remaining 1 tablespoon of olive oil to the pan and heat over medium-high heat. Add the basil mixture and sauté for about 1 minute, stirring constantly. Add the strips and soy sauce and sauté until the chicken is almost opaque throughout, about 2 minutes.



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Add the remaining 1/2 cup stock and bring to a boil. Return the eggplant mixture to the pan and stir until heated through, about 3 minutes. Transfer to a warmed serving dish and garnish with the sliced green onion.

Serve immediately.

Eggplant can be grilled, fried, sautéed, baked, or stewed.