



Eggplant & Bok Choy Stir Fry

Ingredients:

- 2 Tablespoon cooking oil of your choice (canola, olive, or avocado)
- 2 cloves garlic minced
- 1 large or 2-3 medium eggplant diced
- ½ Cup vegetable broth
- ¼ Cup soy sauce
- 1 Tablespoon chili garlic sauce
- 1 Tablespoon ginger minced
- 1 teaspoon sesame oil
- 1 Tablespoon rice vinegar
- 2 teaspoon cornstarch
- 2-3 bok choy cut into quarters lengthwise
- 2 Cups packed greens any of or a combination of spinach, kale, collards, and swiss chard

Instructions:

1. Stir together broth, soy sauce, chili garlic sauce, ginger, sesame oil, rice vinegar, and cornstarch to make the sauce. Set aside.
2. Heat the garlic and then add the eggplant.
3. After a few minutes add in the sauce mixture and greens. Cook until sauce is slightly thickened and greens have wilted.

Delicious served over rice or noodles!