



Eggplant with Coconut-Ginger Sauce

Active Time: 30 minutes | Total Time: 30 minutes | Serves: 4

Nutrition Information Per Serving

220.3 calories, 25.5 g carbohydrate, 14.35 g fiber, 11.15 g NET carbs, 5.01 g protein, 13.85 g fat

Ingredients

- 3 whole (s) organic eggplants, cut in $\frac{3}{4}$ inch cubes
- 1 clove organic garlic, minced
- 1 tsp organic ginger, grated
- 3 medium(s) organic green onions, chopped
- 1/2 whole(s) organic jalapeno pepper, diced
- 2 Tbsp(s) organic virgin coconut oil
- 1 Tbsp cilantro, chopped
- 1/2 cup(s) organic unsweetened coconut milk

Preparation

1. Heat half of the oil in large nonstick skillet over medium heat.
2. Add eggplant cubes and saute 7 to 8 minutes, until golden. Transfer to a bowl.
3. Heat remaining oil and cook onions 3 minutes, until softened.
4. Add ginger, jalapeno pepper, and garlic. Cook 2 minutes more.
5. Return eggplant to skillet. Pour in coconut milk.
6. Mix well, cover, reduce heat to medium-low and cook 15 minutes until eggplant is tender.
7. Sprinkle with cilantro before serving.

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