

# SESAME GARLIC EGGPLANT STIR FRY

Calories 125 | fat 12g, protein 1g, fiber 2g, Net Carbs 2g

## shopping list

2 tablespoons canola oil  
1/4 cup thinly sliced red onion  
1/3 cup roasted red pepper strips  
2 small cloves fresh garlic, chopped  
1 large eggplant, cut into 1 inch chunks (about 4 cups)  
1 cup sliced bok choy  
1/2 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
1/4 teaspoon garlic powder  
1/8 teaspoon crushed red pepper flakes  
1 teaspoon sesame seeds  
3 tablespoons sesame oil  
SPECIAL EQUIPMENT: wok or large sauté pan

1. Prepare the vegetables and measure the ingredients so you are ready to stir fry very quickly.
2. Place a wok or large sauté pan over high heat with the canola oil until almost smoking hot. Add the red onion, pepper strips and garlic and cook for just a few seconds.
3. While stirring constantly add the eggplant, bok choy and salt and cook for about 2 minutes more.
4. Stir in the remaining ingredients, cook for another 2 minutes and serve.

## George's Tips:

If you don't have any bok choy I use chopped romaine lettuce all the time as a "cheat" that only you will know!

NuBody's Tip: For extra protein add your choice of meat!

Recipe found in  
George Stella's Good Carb  
Family Cookbook