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2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

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IS A PROGRAM OF



School of Medicine
Columbia

DEC
14
2022

Spicy Crispy Eggplant



Ingredients

- 1 pound eggplant (1 medium or two small)
- 1 cup rice
- 2 teaspoons vegetable oil
- 2 green onions, sliced
- A handful of chopped salted peanuts, for serving

Sauce

- 2 teaspoon cornstarch
- 2 Tablespoon low sodium soy sauce or tamari
- 4 teaspoons rice wine vinegar
- 2 Tablespoons maple syrup or brown sugar
- 1 teaspoon finely grated ginger
- 2 small garlic clove, finely grated
- 2 teaspoons toasted sesame oil
- 2-3 teaspoons Gochujang (Korean chili paste), adjust to taste

Instructions

1. Heat the oven to 400° F and lightly spray a baking tray.
2. Cut your eggplants into 1/2-inch rounds and arrange them on the baking tray. Bake for about 25-30 minutes, flipping the slices to the other side halfway through. They are done when soft all the way though and lightly browned on both sides.

3. Meanwhile, cook the rice (Use the absorption method, 1 cup rice to 1 1/4 cups water and no salt) and chop spring onions. Cut them on the diagonal and separate white and light green parts from the dark green ends, which we will use as garnish. Set aside.
4. Dissolve cornstarch in 2 teaspoons of water in a medium bowl to create cornstarch slurry, then add remaining sauce ingredients and 2 Tablespoons of water. Mix well and adjust the level of spiciness (gochujang) to your taste.
5. Once out of the oven, cut eggplant slices into smaller, bite-sized chunks.
6. Heat up a wok or sauté pan on medium heat. Once hot, add a small amount of oil, white and light green spring onion slices to the wok. Stir fry them for a few seconds – until softened and lightly charred.
7. Give the sauce a good stir before adding it to the hot wok. Allow it to bubble for a few seconds to thicken. Stir in eggplant chunks, give them a few seconds to heat up. Take off the heat.
8. Divide the rice between two bowls, top with saucy eggplant. Garnish with green parts of spring onions, fresh cilantro if using, and chopped toasted peanuts.

Adapted from lazycatkitchen.com

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NEXT BOX DATES



WE WILL NOT HAVE BOX DISTRIBUTION ON DEC. 28, 2022
ORDER BY **THURSDAY, JAN. 5.** PICK-UP **WEDNESDAY, JAN. 11.**

Salt & Vinegar Sheet-Pan Chicken & Brussels Sprouts



Ingredients

Serves 4

- 1 1/2 pounds bone-in, skin-on chicken breasts
- 3 tablespoons extra-virgin olive oil, divided
- 1 teaspoon kosher salt, divided
- 1/2 teaspoon ground pepper, divided
- 1 1/2 pounds Brussels sprouts, trimmed and halved or quartered if large
- 2 medium red onions, cut into 1/2-inch wedges
- 6 tablespoons malt vinegar or sherry vinegar
- 1/2 teaspoon dried dill
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon sugar

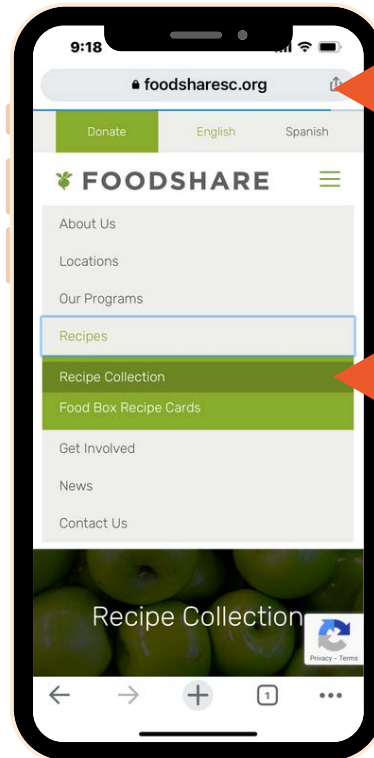
Instructions

1. Preheat oven to 450 degrees F.
2. Cut chicken breasts into 4 equal portions. Brush with 1 tablespoon oil and sprinkle with 1/4 teaspoon each salt and pepper. Toss Brussels sprouts and onions in a large bowl with the remaining 2 tablespoons oil and 1/4 teaspoon each salt and pepper. Arrange the vegetables and the chicken in a single layer on a rimmed baking sheet.
3. Roast until an instant-read thermometer inserted in the thickest part of a breast without touching bone registers 160 degrees F and the vegetables are tender, 20 to 25 minutes.
4. Meanwhile, mix vinegar, dill, garlic powder, onion powder, sugar and the remaining 1/2 teaspoon salt in a small microwave-safe bowl. Microwave on High until the salt and sugar dissolve, about 30 seconds.
5. Drizzle the vinegar mixture over the chicken and vegetables and roast for 5 minutes more. Transfer the chicken to a serving platter and stir the vegetables on the pan. Serve the vegetables with the chicken.

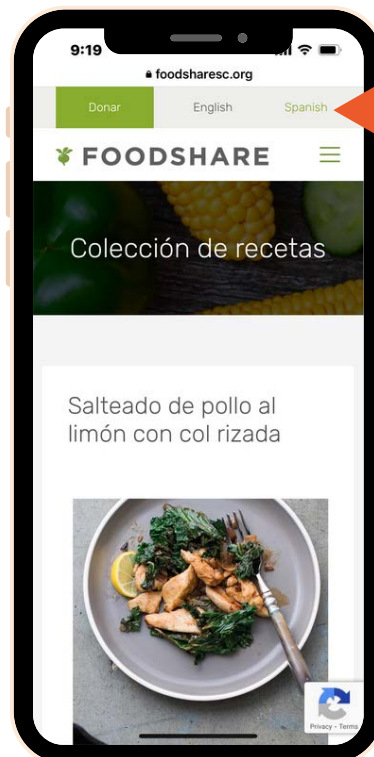
Adapted from eatingwell.com



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