

BRAISED EGGPLANT WITH SUNDRIED TOMATOES, BRYANNA'S VERSION

Serves 2-4

This was delicious and DH loved it, even though he claims to hat eggplant.

- 1 pound eggplant, peeled and cut into strips and prepared as above
- 1 tablespoons olive oil
- 3 garlic cloves, minced
- 1 jalapeno pepper, finely chopped
- 1/4 cup sun-dried tomatoes in oil, diced (I washed the oil off with hot water and patted them dry)
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon balsamic vinegar
- 1 teaspoon sugar
- 1 small tomato, peeled
seeded and diced
- 1 tablespoon chopped fresh parsley or cilantro

Heat the oil in a large skillet. Add the garlic and jalapeno pepper and cook over high heat until the garlic is soft. Add the sun-dried tomatoes and prepared eggplant (see text above). Turn the heat to medium. Cook and stir for about 5 minutes until the eggplant is tender. Add the soy sauce, vinegar and sugar to the skillet. Cook until the liquid is almost absorbed. Add tomato and parsley or cilantro. Stir to combine. Remove from the heat.

I served this with brown basmati rice, but it would be great cold with baguettes or pita bread or rye crisp!

- See more at:

<http://veganfeastkitchen.blogspot.ca/2008/06/off-to-mcdougall-event-and-leaving-you.html#sthash.U53mTrsy.dpuf>