



# JERSEY TASTES!

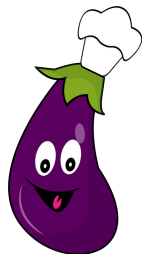
## RECIPES

### *Sweet & Sour Eggplant*

## INGREDIENTS

Recipe makes enough for classroom tasting

- 1 ½ lbs. eggplant, split & cubed
- 4 cloves of garlic, minced
- 1 medium red bell pepper, diced
- 1 Tbsp. grated ginger
- 1 scallion, sliced
- 2 Tbsp. soy sauce
- 2 Tbsp. balsamic vinegar
- 1 tsp. sugar
- salt & pepper to taste



**SCHOOL FOOD SERVICE**

**# PORTIONS: 24-6OZ PORTIONS**

- 9 lbs. eggplant, split & cubed
- 24 cloves of garlic, minced
- 6 medium red bell pepper, diced
- 6 Tbsp. grated ginger
- 6 scallions, sliced
- 12 Tbsp. soy sauce
- 12 Tbsp. balsamic vinegar
- 6 tsp. sugar
- salt & pepper to taste

**Portion Size: 6 oz:**

**½ cup vegetables,**

**¼ cup Red/Orange**

**RECIPES MADE IN COLLABORATION WITH:**

## DIRECTIONS



**1**

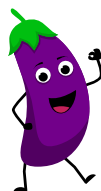
Fry the eggplant with a little bit of oil until cooked, set aside. Heat 2 tbsp oil, sauté garlic, chopped red peppers, grated ginger, and scallion until wilted and fragrant.

**2**

Add soy sauce, balsamic vinegar, salt, and sugar, stir again until all ingredients are mixed well. Add sugar or salt to adjust flavor if necessary.

**3**

Add cooked eggplant, stir well until the eggplant is coated with sauce. Serve with steamed rice.



### FUN FACTS:

NJ grows about 66% of the world's eggplants making them the world's leading grower. The largest eggplant recorded weighed 12 pounds. Did you know that eggplants are good at hiding? Their dark purple or colorful skin can make them tricky to spot in the garden or at the grocery store.

