

BRC Healthy Meal of the Week

Steamed Rice and Thai Curried Eggplant with Basil

Ingredients (Serves 4)

1 cup long grain rice
1 1/4 cup water
2 tablespoon yellow curry paste
1 cup lite coconut milk
1/4 cup shredded basil leaves (preferably Thai)
1 firm mango, peeled, pitted and chopped
2 teaspoons olive oil
2 small onions, chopped
1 teaspoon minced garlic
2 cups low-sodium chicken or vegetable broth
6 medium eggplants (preferably Japanese), chopped into 1" cubes
salt to taste
freshly ground black pepper

Cooking Instructions—Total Cooking Time 10-15 minutes

For the Rice

1. Rinse the rice under cold running water until the water runs clear. Drain thoroughly.
2. Place the rice and water in a heavy saucepan with a tight-fitting lid. Bring to a boil over high heat, stirring gently to keep the rice from sticking to the bottom of the pan.
3. When the water is boiling rapidly, stop stirring, cover the pan with the lid and turn the heat down to low. Let cook, without lifting the lid, for 20 minutes.
4. Remove from the heat, lift the lid to release the steam, and replace it immediately. Let stand, covered, for 10 minutes and serve.

For the Eggplant

1. Combine the curry paste, coconut milk, basil and mango in a small skillet. Bring to a boil, stirring occasionally, then turn down the heat and simmer.
2. Meanwhile, heat the oil in a large skillet over medium heat. Add the onion and cook until it turns translucent, about 5 minutes. Add the garlic and cook 1 minute more. Add the chicken broth, by the tablespoonful, as needed to keep the mixture from sticking and burning.
3. Add the eggplants and the remaining chicken broth. Simmer until the eggplants become tender, about 10 minutes.
4. Stir in the curry mixture and serve.

Nutrition Facts

Serving Size is about 1/2 Cup Steamed Rice and 2 Cups Eggplant Curry Mixture

Calories: 533
Carbohydrates: 100g
Fat: 8g
Saturated Fat: 3g
Protein: 15g
Sodium: 237mg
% Calories from Fat: 14%
% Calories from Saturated Fat: 5%

