

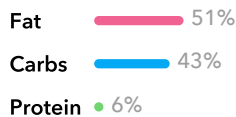
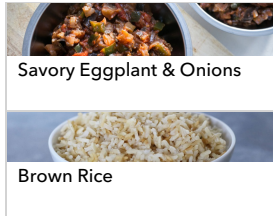


PEAS & HOPPINESS

Savory Eggplant & Onions over Brown Rice

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Savory Eggplant & Onions over Brown Rice



Calories	501
Fat	29g
Saturated	4g
Trans	0g
Carbs	56g
Fiber	12g
Sugar	13g
Protein	8g
Cholesterol	0mg
Sodium	459mg
Vitamin A	63IU
Vitamin C	7mg
Calcium	60mg
Iron	3mg

Recommended order of prep:

1. Make recipe for brown rice.
2. While rice cooks, make recipe for Savory Eggplant & Onions.

Pro tip: brown rice with this dish gives it an earthy, nutty flavor. To save time, try serving over quinoa instead of rice.

Prep time: 20-25 min // Cook time: 45 min // Total time: 50 min

Serves: 4

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Grocery List

Vegetables

- 2 Eggplant
- 8 ozs White Mushrooms
- 1 Yellow Onion

Boxed & Canned

- 1 cup Brown Rice

Condiments & Oils

- 1/2 cup Extra Virgin Olive Oil

Other

- 3 1/4 cups Water

Seeds, Nuts & Spices

- 3/4 tsp Salt





Savory Eggplant & Onions

4 servings
45 minutes

Ingredients

- 1/2 cup Extra Virgin Olive Oil (divided)
- 1 Yellow Onion (sliced)
- 2 Eggplant (medium, cubed)
- 8 ozs White Mushrooms (cut into quarters)
- 1/2 tsp Salt

Nutrition

Amount per serving	
Calories	331
Fat	28g
Saturated	4g
Trans	0g
Carbs	21g
Fiber	10g
Sugar	13g
Protein	5g
Cholesterol	0mg
Sodium	305mg
Vitamin A	63IU
Vitamin C	7mg
Calcium	37mg
Iron	2mg

Directions

- 1 Slice onions into thin wedges. Heat a large sauté pan over medium heat. Once hot, add half of the oil and onions. Cook 10-15 minutes until onions begin to cook down and become translucent, stirring occasionally.
- 2 While onions cook, cut eggplant into 1-inch cubes (do not peel) and cut mushrooms into quarters. Once onions have begun to cook down, add eggplant, mushrooms, remaining oil, and remaining salt to onions, stirring to evenly coat eggplant with oil.
- 3 Cook until eggplant is very tender and has absorbed all of the oil, about 15 minutes. Serve over brown rice, jasmine rice, or cauliflower rice for lower carb option.

Notes

Total Time: 30 min: Prep time: 15-20 min // Cook time: 10-15 min

Serving Size: 1 cup

Pro Tip: Top with feta, fresh parsley, avocado or Greek yogurt for variety.

Storage: Refrigerate in an air-tight container up to 3 to 5 days. Do not freeze for best quality.

Cooking Equipment: Cutting board // Chef's knife // Large saute pan

Thinly slice onions: trim top and base off onion, then peel tough outer layers (usually top 1–2 layers). Slice in half lengthwise and lay the onion with the cut (flat) side face down. Slice the onion into very thin wedges, about 1/8-inch thick.

Cube eggplant: do not peel (to retain nutrients). Trim ends of eggplant and discard. Slice lengthwise into 1-inch thick pieces. Lay pieces flat-side down and cut again lengthwise into 1-inch strips, then turn a quarter-turn and cut into 1-inch cubes.

Cut mushrooms into quarters: Lay mushroom on its side and cut in half. Lay mushroom half flat-side down and cut in half again to make quarters.



Brown Rice

4 servings
45 minutes

Ingredients

1 cup Brown Rice (uncooked)
3 1/4 cups Water
1/4 tsp Salt

Nutrition

Amount per serving	
Calories	170
Fat	1g
Saturated	0g
Trans	0g
Carbs	35g
Fiber	2g
Sugar	0g
Protein	3g
Cholesterol	0mg
Sodium	154mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	23mg
Iron	1mg

Directions

- 1 Combine brown rice, water, and salt in a medium pot. Cover with lid and bring to a boil over high heat, then reduce heat and simmer about 45 minutes until all liquid is absorbed. Fluff with a fork and serve.

Notes

Total Time: 50 min: Prep time: 5 min // Cook time: 45 min

Serving Size: 1 cup

Pro Tip: To give rice a nutty flavor, heat rice in dry pan or with a small amount of oil for 3-5 minutes before adding water and salt.

Cooking Equipment: Medium pot with lid