

Oyster Chicken with Eggplant

Check serving size first - how many servings are in one container? The nutrients listed on the label are only for one serving.

Limit saturated fats and trans fats.

Opt for whole grain carbohydrates and reduce added sugars

Choose higher protein products

Nutrition Facts	
servings per container	(555g)
Serving size	(555g)
Amount per serving	
Calories	420
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 300mg	13%
Total Carbohydrate 57g	21%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 32g	
Vitamin D 0mcg	0%
Calcium 35mg	2%
Iron 2mg	10%
Potassium 564mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Developed in collaboration with CTAHR's Department of Human Nutrition, Food and Animal Sciences, its Dietetics Program and nutrition students

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Oyster Chicken with Eggplant

Ingredients:

1 pound Chinese long eggplant, sliced diagonally into 1" thick pieces

1 small round onion, diced

1/8 tsp garlic powder or 1 clove of garlic, minced

Optional: 1 thumb-size slice of ginger, minced

1 pound chicken breast, boneless and skinless (if chicken breast is unavailable, chicken thigh may be used), cut into 1" cubes

1 tbsp oil

2 tablespoons oyster sauce

Black pepper to taste

Ingredients for chicken marinade:

2 tsp baking soda

1 cup water, room temperature

Ingredients for thickening:

1 tbsp cornstarch

3/4 cup water

Serve on the side to compliment meal:

4 cups of cooked rice (brown or hapa)

Method:

1. Prepare first four ingredients and set aside.
2. Chop chicken into bite-sized pieces (similar in size to the eggplant). And marinate with baking soda and water mixture for 20 minutes.
3. After chicken is marinated, rinse very well to remove baking soda. Pat dry with a paper towel.
4. In a large pan or pot, add oil and cook chicken for 2-3 minutes. Stir.
5. Add onion, garlic, ginger (if using). Stir.
6. Add eggplant, oyster sauce, and shoyu. Mix well and simmer for about 5 minutes.
7. Sprinkle some black pepper. Mix
8. Cook until eggplant begins to soften.
9. In a small bowl, mix thickening ingredients and add to pan, stirring.
10. Cook until eggplant is soft and gravy is thickened.
11. Serve with a side of rice.

Serving size: 4



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