

Chicken stir-fry with eggplant and basil

Ingredients

1/4 cup coarsely chopped fresh basil
2 tablespoons chopped fresh mint
3/4 cup chicken stock or broth
3 green (spring) onions, including tender green tops, 2 coarsely chopped and 1 thinly sliced
2 cloves garlic
1 tablespoon peeled and chopped fresh ginger
2 tablespoons extra-virgin olive oil
1 small eggplant, with peel, diced (about 4 cups)
1 yellow onion, coarsely chopped
1 red bell pepper, seeded and cut into julienne
1 yellow bell pepper, seeded and cut into julienne
1 pound skinless, boneless chicken breasts, cut into strips 1/2 inch wide and 2 inches long
2 tablespoons low-sodium soy sauce

Directions

In a blender or food processor, combine the basil, mint, 1/4 cup of the stock, the chopped green onions, garlic and ginger. Pulse until the mixture is minced but not pureed. Set aside.

In a large, nonstick frying pan, heat 1 tablespoon of the olive oil over medium-high heat. Add the eggplant, yellow onion and bell peppers and sauté until the vegetables are just tender, about 8 minutes. Transfer to a bowl and cover with a kitchen towel to keep warm.

Add the remaining 1 tablespoon olive oil to the pan and heat over medium-high heat. Add the basil mixture and sauté for about 1 minute, stirring constantly. Add the chicken strips and soy sauce and sauté until the chicken is almost opaque throughout, about 2 minutes. Add the remaining 1/2 cup stock and bring to a boil. Return the eggplant mixture to the pan and stir until heated through, about 3 minutes. Transfer to a warmed serving dish and garnish with the sliced green onion. Serve immediately.

Calories 248, Protein 30 g, Cholesterol 66 mg, Total Fat 8 g, Saturated Fat 1 g, Monounsaturated Fat 5 g, Sodium 408 mg, Fiber 4 g