



Greenmarket Recipe Series



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EGGPLANT & STRING BEAN STIR-FRY

Serves: 4-6

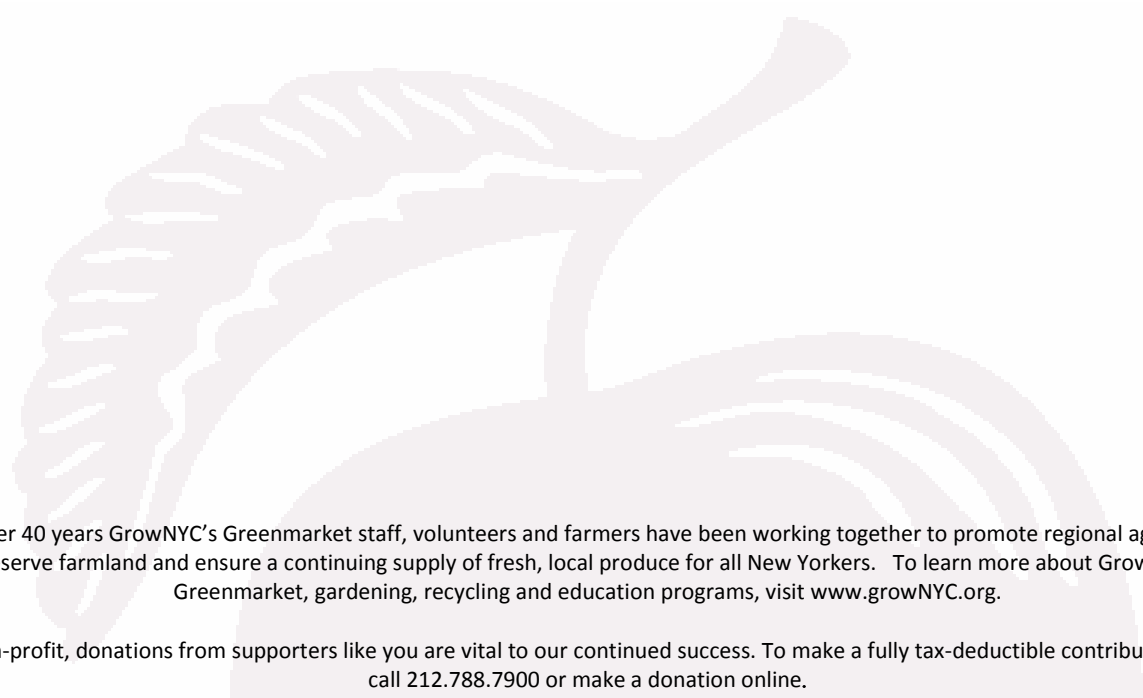
Ingredients:

- 2 tablespoons sesame oil
- 1 medium yellow onion*, sliced
- 3 stalks green garlic*, white bulbs minced
- 1 pound eggplant*, cut into 1-inch cubes
- 1 pound string beans*, ends trimmed and cut into 1-inch pieces
- 1 tablespoon mirin (or 2 teaspoons brown rice vinegar mixed with 1 teaspoon honey)
- 1 tablespoon tamari or soy sauce, to taste
- 2 teaspoons toasted sesame oil, optional
- 1 ounce scallions*, sliced

Directions:

1. Heat sesame oil in a sauté pan. Add onion and sauté until translucent, about 5 minutes.
2. Stir in garlic. Add eggplant; sauté over high heat until golden, about 7 minutes.
3. Add string beans, mirin, tamari, and optional toasted sesame oil. Cook for 1-2 minutes, until string beans are tender-crisp.
4. Garnish with scallions and serve.

****Ingredients available seasonally at your neighborhood Greenmarket***



For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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