



## Healthy Coconut Amino "Soy" Glazed Eggplant

Want a healthy take on traditional soy-glazed eggplant? Well, this is it! Instead of using soy sauce, this recipe calls for coconut aminos instead. Coconut Aminos is an excellent replacement for soy sauce and it is packed with tons of nutrients, amino acids, and is low in calories!

5 from 19 votes

Course: Appetizer, Main Course, Sauce or Marinade, Side Dish    Cuisine: American, Chinese  
Prep Time: 5 minutes    Cook Time: 25 minutes    Total Time: 30 minutes    Servings: 4  
Calories: 96kcal    Author: Capri Lilly

### Ingredients

- 1 large eggplant, cubed
- 1/4 cup coconut aminos
- 1/4 cup coconut sugar (or brown sugar)
- 1 tbsp fresh ginger, minced
- 1 tsp rice wine vinegar
- 2 garlic cloves, minced
- 1/4 tsp salt
- 1/2 tsp red crushed pepper

### Instructions

1. Slice the eggplant into large dials. Then slice the dials into 3/4-inch cubes. Then, in a pan over medium heat, add coconut oil (or olive oil) and add eggplant cubes.
2. Sauté the cubes for about 15 minutes (or until soft), making sure to stir occasionally. Eggplant is highly absorbent, so you may need to add a tablespoon or two of oil during the cooking process.
3. While the eggplant is cooking, prepare the coconut amino glaze. Stir together fresh minced ginger, coconut sugar (or brown sugar), rice wine vinegar, garlic cloves, and coconut aminos in a small bowl. Once the eggplant is soft and golden on all sides, pour the coconut amino glaze onto the eggplant, including any sugar that is at the bottom of the bowl.
4. Continue to stir and cook the eggplant in the pan, for about 5-10 minutes. The sauce should reduce and be absorbed by the eggplant. The eggplant should be soft. Season with salt and red crushed pepper.
5. Top the Coconut Amino Glazed Eggplant with 2 tbsp sliced green onions and peanuts (optional). And Enjoy!

### Nutrition

Calories: 96kcal