



## Garlicky Ginger Eggplant

**Diet types:** CKD Non - Dialysis, Dialysis, Diabetes

**Nutrients per serving:** Calories 91g, Protein 2g, Carbohydrates 6g  
Fat 7g, Cholesterol 0mg, Sodium 81mg, Potassium 189mg  
Phosphorus 39mg, Calcium 14mg, Fiber 1.9g

**Renal and Renal Diabetic Food choices:** 1 vegetable, medium potassium, 1-1/2 fat

### PREPARATION

1. Slice eggplant into 1-1/2-inch long pieces. Mince garlic cloves. Chop basil.
2. Heat sesame oil in a large skillet. Add eggplant, ginger, garlic, mushrooms and bean sprouts. Stir-fry over medium-high heat until eggplant begins to soften, 4-6 minutes.
3. Add basil, chili pepper flakes and hoisin sauce to eggplant. Continue cooking for 1-2 minutes. Remove from heat and serve.

**Portions:** 4

**Serving size:** 3/4 cup

**Carbohydrate Choices:** 1/2

### INGREDIENTS

2 cups	Chinese eggplant
2 tsp	Minced ginger
2	Garlic cloves
1/4 cup	Fresh basil
2 tsp	Sesame oil
1/2 cup	Fresh mushroom pieces
1 cup	Mung bean sprouts
1/4 tsp	Red chili pepper flakes
1 tsp	Hoisin sauce

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Consult your dietitian or physician for the specific diet that is right for you. Kidney diet guidelines vary for each individual.

