



ADVANCE BIOMEDICAL TREATMENT CENTER

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EGGPLANT BASIL (GFCF)

Ingredients

- ¼ cup wheat free soy sauce (*Tamari*)
- ¼ cup *Bragg's* liquid aminos
- 1/3 cup Organic Agave Nectar
- 3 tablespoons [rice vinegar](#)
- 1 teaspoon cornstarch
- 4 tablespoons [canola oil](#)
- 1 pound firm organic tofu—drained, patted dry, and cut into 1-inch cubes OR 1 chicken breast, sliced thinly
- 1 [small eggplant \(about 1 3/4 pounds\), cut into 1/2-inch pieces](#)
- 4 organic [scallions, sliced, white and green parts separated](#)
- 2 [cloves organic garlic, chopped](#)
- 1 [red serrano or jalapeño chili, sliced](#) (optional)
- kosher salt
- 1/4 cup [fresh organic basil leaves, torn](#)

Directions

1. Heat 1 tablespoon of the oil in a large nonstick skillet over medium-high heat. Add the tofu; cook, turning occasionally, until browned, 8 to 10 minutes. Transfer to a plate.
2. Add the remaining 3 tablespoons of oil to the skillet. Add the eggplant, scallion whites, garlic, chili, and ¼ teaspoon salt. Cook, tossing frequently, until the eggplant is tender, 8 to 10 minutes. Add the soy sauce and liquid aminos, agave nectar, tofu, and scallion greens and cook, tossing gently, until the sauce is thickened, 1 to 2 minutes. Add basil and serve.