

IBS

Soy-Glazed Eggplant Bowl with Edamame, Spicy Cucumbers, and Seared Tofu



If prepping ahead of the cook along will help you go at your own pace and engage in the discussion, here are some suggestions:

Equipment List:

- Chef's knife & cutting board
- Prep bowls & scrap bowl
- Measuring spoons
- Vegetable peeler
- Liquid and dry measuring cups
- Medium pot or Dutch oven
- Large skillet
- Wooden spoon or spatula
- Tongs

Prep Ahead:

- Press tofu
- Slice scallion greens
- Peel & mince ginger
- Slice cucumber
- Slice eggplant into thin strips

Culinary Skills & Techniques:

- Cooking with tofu and soybeans, two versatile plant-based proteins
- Highlighting and celebrating aromatics
- Different ways to prepare eggplant
- Introduction to cooking the world's most widely eaten grain: rice

Nutrition Concepts:

- Review of Asian Heritage Diet
- Adjusting meal portions to be lower in FODMAPs
- Promoting the often overlooked nutritional benefits of soy foods
- Defining fiber: soluble & insoluble

Soy-Glazed Eggplant Rice Bowl with Edamame, Spicy Cucumbers, and Seared Tofu



Serves 6

Ingredients:

For the rice:

- 1 tablespoon vegetable oil
- 2-3 scallions, whites chopped (greens reserved)
- 1 inch piece of ginger, peeled and minced
- 1 cup medium-grain rice
- 1¾ cups water

For the cucumbers:

- 1 English cucumber, very thinly sliced
- Reserved scallion greens, thinly sliced
- 1 tablespoon rice vinegar (or white wine vinegar)
- 1 teaspoon tamari or low-sodium soy sauce
- 1 teaspoon red pepper flakes
- 1 clove of garlic, minced to a paste

For the eggplant:

- 1 tablespoon vegetable oil
- 1 medium eggplant, sliced into thin strips
- 1½ teaspoon vegetable or sesame oil
- 2 tablespoons tamari or low-sodium soy sauce
- 1½ teaspoon honey
- 4 teaspoons rice vinegar (or white wine vinegar)
- 1 teaspoon sriracha or red pepper flakes
- 1 cup frozen shelled edamame

Instructions:

1. Cook the rice: Heat 1 tablespoon of oil in a medium saucepot over medium-high heat. When the oil is hot, add the scallion whites and minced ginger. Cook 1 minute or until aromatic, stirring frequently.
2. Add the rice to the pan. Stir to coat in oil and let cook for another minute. Add 1¾ cups water and bring to a boil.
3. Reduce to a simmer and cover. Allow to cook at low heat for 18-20 minutes.
4. Prepare the cucumbers: In a large bowl, whisk together the rice vinegar, soy sauce, red pepper flakes, and garlic.
5. Add the sliced cucumbers and scallions and toss to combine with the vinegar mixture. Set aside to marinate until ready to serve.
6. Heat the vegetable oil in a large sauté pan over medium-high heat. Add the eggplant strips and cook for 3-4 minutes, stirring often, until the flesh is soft and outsides are brown.
7. While the eggplant is cooking, whisk together the sesame oil, soy sauce or tamari, honey, rice vinegar, and sriracha or red pepper flakes.
8. Once eggplant is soft, pour the soy mixture over the strips and add the edamame. Cook for 2 minutes or until sauce has thickened and glazed the eggplant and edamame. Set aside.
9. Assemble the bowls: Add about ½ cup of cooked rice to each bowl and top with eggplant and cucumbers.

Soy-Glazed Eggplant Rice Bowl with Edamame, Spicy Cucumbers, and Seared Tofu



Serves 6

Seared or Grilled Tofu

Ingredients:

- 14-ounce package extra-firm tofu
- 1 tablespoon vegetable oil
- Pinch of salt and pepper

Instructions:

1. To press the tofu, drain water and remove tofu from packaging. Line a cutting board or plate with paper towels or clean dish towels. Place block of tofu on lined surface and top with more towels.
2. Place a weighted object on top (like a heavy skillet, textbook, or cans of vegetables) and let sit for 10 to 15 minutes. (For extra crispy tofu, cut tofu into planks and press again with fresh towels.)
3. Slice tofu into cubes or planks of desired size and sprinkle with salt and pepper.
4. To sear, heat oil in a skillet set to medium heat and sear tofu for 4 to 6 minutes per side or until tofu is golden brown. To grill, brush the oil over both sides of each plank of tofu grill about 3 minutes per side on a hot grill over medium-high heat.
5. Serve with your favorite curry, stir fry, noodles, salads, bowls, or other tasty creations.

Soy-Glazed Eggplant Rice Bowl with Edamame, Spicy Cucumbers, and Seared Tofu



Soy-Glazed Eggplant Rice Bowl with Edamame and Spicy Cucumbers		
Nutrition Facts		
Serving Size	1 × 6 Serving	
Amount Per Serving		
Calories	166.2	
		% Daily Value*
Total Fat	7 g	9 %
Saturated Fat	1.1 g	6 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	234 mg	10 %
Total Carbohydrate	21.1 g	8 %
Dietary Fiber	4.4 g	16 %
Total Sugars	5.9 g	
Added Sugars	1.4 g	3 %
Protein	6.1 g	
Vitamin D	0 mcg	0 %
Calcium	44.2 mg	3 %
Iron	1.2 mg	7 %
Potassium	454.8 mg	10 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		</>

Seared Tofu		
Nutrition Facts		
Serving Size	1 × 6 Serving	
Amount Per Serving		
Calories	83	
		% Daily Value*
Total Fat	6.3 g	8 %
Saturated Fat	0.9 g	4 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	28.9 mg	1 %
Total Carbohydrate	0.9 g	0 %
Dietary Fiber	0.3 g	1 %
Total Sugars	0.5 g	
Added Sugars	0 g	0 %
Protein	7.6 g	
Vitamin D	0 mcg	0 %
Calcium	213.9 mg	16 %
Iron	1.5 mg	9 %
Potassium	98.8 mg	2 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		</>