

Fabulous Five-Ingredient Filipino Eggplant "Adobo" + Fantastic Filipino Fried Rice + Island Fruit Flips



fabulous 5-ingredient filipino eggplant adobo

peel + chop

Peel **1 large purple eggplant**. Chop off the stem, then chop eggplant into bite-sized pieces. Peel **4 cloves of garlic** and set garlic aside.

sauté + pinch + whisk

In a medium skillet, sauté chopped, peeled eggplant in **2 T butter or olive oil** over medium heat until browned (about 3-5 minutes). Add a **big pinch of salt** to the eggplant. Meanwhile, whisk together **¼ C soy sauce/Tamari/Coconut Aminos**, **¼ C vinegar**, **1 T sugar/honey**, and a **pinch of ground black pepper**. Once eggplant is golden brown, add sauce to the skillet.

cover + reduce + snip + enjoy!

Cover the skillet, reduce heat to low, and let sauce simmer. Continue cooking the eggplant for a few minutes until it becomes soft and silky. Meanwhile, kids can use kid scissors to snip **2 green onions** into bits. Then remove the cover for the last 30 seconds of cooking, turn up the heat, and let the sauce reduce. Serve eggplant over Fantastic Filipino Fried Rice and garnish with green onions! Enjoy!

Family Fun Recipes

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fantastic filipino fried rice

add + sauté + salt

Add **2 T olive oil or butter** to a medium skillet. Then add **1-2 C precooked white or brown rice**. Add a big pinch of salt and sauté until rice is golden brown in spots. Serve with Fabulous Filipino Eggplant Adobo!

island fruit flips

peel + measure + blend + pour

Peel **1 ripe banana** and add it to a blender. Add **2 C pineapple/orange/apple juice**, **1 C coconut/rice/soy milk**, and **1 C ice** to your blender. Blend until smooth and thick! Then pour into cups and enjoy! Top with flaked coconut for an extra Tropical feel!

::continued::



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shopping list!

5-Ingredient Filipino Eggplant Adobo

- 1 large purple eggplant
- 4 cloves garlic
- 2 green onions
- ¼ C soy sauce/Tamari/Coconut Aminos
- ¼ C vinegar
- 1 T sugar
- Pinch of salt and ground black pepper

Fantastic Filipino Fried Rice

- 2 T olive oil or butter
- Big pinch salt
- 1-2 C pre-cooked white or brown rice

Island Fruit Flips

- 1 large ripe banana
- 2 C pineapple/orange/apple juice
- 1 C coconut/rice/soy milk
- 1 C ice

::continued::



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Let's learn about Eggplant!

The eggplant was called the **Mad Apple** for hundreds of years before people were actually brave enough to try eating it. People all around the world thought it was poisonous and so it took a long time before someone was brave enough to take a bite.

Eggplant is widely believed to be native to India. In fact, it is known as the King of Vegetables in India. Eggplant still grows wild in India!

One story tells that King Louis XIV of France wanted to impress guests at his royal table, and so he had his gardeners plant eggplant in his garden. This was when eggplant was brand new to France. Do you think his diners were impressed? They were not! In fact, they described the eggplant as “fruits as large as pears, but with bad qualities.”

Eggplants are technically BERRIES, not vegetables!

With eggplants, bigger isn't necessarily better. The smaller the eggplant, the sweeter it tends to taste.

Eggplant can be roasted, baked, fried, sautéed, grilled, braised, stir-fried, and stuffed. The only way we wouldn't recommend eat an eggplant is raw. While it is not harmful in small doses, eggplant is so much more delicious when cooked.

BRAINS: Did you know that the brain is made up of mostly fat? Eggplant has a unique nutrient that's been shown to protect the fats in our brain. When we protect the fats in our brain, we make it possible for brain cells to send signals back and forth to each other - this is a very, very good thing! We need our brain cells to talk to each other!

What the heck is Adobo?!

“Adobo” is the Spanish word for “Marinade,” and it refers to a popular Filipino dish AND an indigenous Filipino cooking method.

Why a Spanish word for a Filipino Dish? Well, the Spanish empire colonized the Philippines from 1521-1898. It was during the 1500s that the Spanish first encountered the Adobo cooking method of native Filipinos. The Spanish named the dish “Adobo” and thereby referred to any dish that was marinated before being cooked as “Adobo.”

The vinegar in the Adobo marinade was used by native Filipinos to preserve their meat - way before refrigeration was invented.

Time for a laugh!

What do you call an eggplant that fell off the kitchen counter? **A faceplant!**

What's purple, delicious, and fun to decorate for Easter? **A hard-boiled eggplant!**

Where do chickens grow? **On egg-plants!**

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