



Summer Squash Sweet-Spicy Stir-fry

By Chef Veera Gaul, Ph.D.



Ingredients

- 1 ½ tablespoon O&V [Aged Balsamic](#) *
- 1 tablespoon O&V [Marc de Champagne vinegar](#) *
- 3 tablespoons soy sauce (or tamari)
- ¾ teaspoon cornstarch
- 4 tablespoons O&V **Roasted Sesame oil** *
- 2 cups yellow squash, cut in half lengthwise and sliced in half moons
- 2 cups zucchini, cut in half lengthwise and sliced in half moons
- 2 Japanese eggplants, cut in half lengthwise and sliced in half moons
- 4 scallions, white part cut in 2-inch pieces, green parts thinly sliced
- 1 red jalapeno or serrano pepper thinly sliced
- ¾ cup roasted peanuts
- 4-5 cloves garlic, minced
- 1 -1 ½ teaspoon crushed red pepper (more or less to taste)
- 2 cups cooked white rice
- Parsley leaves for garnish

Preparation

In a bowl, whisk together the aged balsamic, Marc de Champagne vinegar, soy sauce and cornstarch till smooth. Stir in a tablespoon of water and set aside

Heat one tablespoon of oil in a large saucepan on medium high heat. Add the squash and cook stirring well until browned (about 4-6 minutes). Transfer to a bowl.

Repeat, heating one tablespoon of oil and adding the zucchini. Cook until browned (4-6 minutes) and transfer to the bowl with the squash.

Heat an additional tablespoon of oil in the saucepan and add the eggplant. Sauté for 3-4 minutes until lightly browned and transfer to the bowl with the squash and zucchini.

Add the remaining tablespoon of oil to the saucepan and sauté the scallion whites and sliced jalapeno/serrano pepper for a minute. Add the minced garlic, crushed red pepper and peanuts and cook until garlic is fragrant.

Return all vegetables to the saucepan and add the cornstarch mixture stirring continuously until the sauce thickens and coats the vegetables (about 2 minutes).

Serve with white rice and top with the sliced scallion greens and parsley

Serves 4

Total Time: 25 minutes

Notes

* The O&V **Roasted Sesame oil** (available at most O&V stores) gives great toasted sesame flavor to the vegetables. The [Aged Balsamic](#) adds a nice balance of sweet and acid -- I recommend our aged Bronze, Silver or Gold – they get sweeter as they mature, but even the Bronze will add nice flavor. Together with the [Marc de Champagne vinegar](#) they provide a flavorful coating on the vegetables.

Categories: Entrée, Dessert, Snacks & Sides, Vegetarian, Vegan, Gluten Free, Dairy Free, Aged Balsamic, Marc De Champagne Vinegar, Roasted Sesame Oil, Squash, Zucchini, Japanese Eggplant, Sweet Spicy Stir Fry, Quick Meal, 30 Minute Dinner, Weeknight Dinner, Quick Cooking, Summer Vegetables, Plant Based