

WEEK OF NOVEMBER 2 - 6

ITEMS IN THE KCL BAG:

Dry goods from C&S Wholesale

1 can of spam
1 packet of spaghetti noodles

Fresh Produce:

Ginger
Garlic
Carrot
Bell pepper
2 eggplants



Eggplant with Garlic Sauce over pasta
Demonstration by Lance Kosaka, 53 By the Sea

Ingredients:

1 medium carrot
1 medium bell pepper
2 medium eggplants
1 thumb size piece ginger
1 clove garlic
1 can spam

Sauce:

1 tablespoon sugar
1 tablespoon cornstarch
¼ cup shoyu
1 tablespoon vinegar
chili pepper (optional)

Directions:

1. cook pasta noodles so that they are ready to be served once sauce is made.
2. Slice carrot, bell pepper and eggplants. Set aside.
3. Mince garlic and ginger. Set aside
4. In a small bowl, combine sauce ingredients (sugar, cornstarch, shoyu, vinegar and chili pepper)
5. In a large pot, fry spam with ginger and garlic
6. Add carrot, bell pepper and eggplant. Stir fry until almost done.
7. Add sauce to mixture and stir.
8. Pour sauce over the pasta.