

QUICK & EASY EGGPLANT DIP

THE EGGPLANT WILL COOK DOWN PRETTY QUICKLY – STIR IT OCCASIONALLY TO KEEP ALL OF THE DELICIOUS SPICES INCORPORATED.

TRY IT AND LET ME KNOW WHAT YOU THINK! SERVE WITH CUT-UP VEGGIES OR GLUTEN-FREE PITA

INGREDIENTS

¼ CUP EXTRA-VIRGIN OLIVE OIL
2 MEDIUM EGGPLANTS, PEELED AND CUT INTO 1-INCH (2.5 CM) PIECES
4 MEDIUM GARLIC CLOVES, MINCED
JUICE OF 1 LEMON
1 TBSP HONEY
1 TSP SEA SALT
¾ TSP SMOKED PAPRIKA
½ TSP EACH CUMIN AND BLACK PEPPER
TOPPING
¼ CUP CHOPPED FRESH PARSLEY
¼ CUP SESAME SEEDS

INSTRUCTIONS

HEAT THE OIL IN A LARGE SAUCEPAN OVER MEDIUM HEAT. ADD THE EGGPLANTS, GARLIC, LEMON, HONEY, SALT, AND SPICES, STIRRING WELL TO COMBINE. COVER AND COOK FOR ABOUT 25-30 MINUTES, UNTIL THE EGGPLANT IS TENDER.

REMOVE THE HEAT AND KEEP COVERED. LET STAND FOR ANOTHER 5-10 MINUTES, AND USING A POTATO MASHER OR FORK, MASH ANY LARGE PIECES OF EGGPLANT. STIR, AND TRANSFER TO A SERVING DISH. SPRINKLE WITH PARSLEY AND SESAME SEEDS. ENJOY!

EGGPLANT:

CALORIES: 73
PROTEIN: 1.5G
FAT: 3.2G
CARBS: 11.2G
TOPPING:
CALORIES: 30
PROTEIN: 1G
FAT: 2.9G
CARBS: .7G

