

Eggplant Dip

Try this easy eggplant recipe that everyone will love. It's kid-approved!

Makes: 12 Servings
 Prep Time: 10 minutes
 Cook Time: 45 minutes
 Chill Time: 15 minutes

Source:
<https://foodhero.org/recipes/eggplant-dip>

Ingredients

- 1 globe eggplant or 2 to 3 smaller eggplants
- ¼ cup tahini
- 3 to 4 Tablespoons lemon juice
- 2 to 3 cloves garlic, minced or ½ to ¾ teaspoon garlic powder
- ¼ teaspoon salt
- 2 Tablespoons chopped parsley or cilantro (optional)

Directions

1. Wash hands with soap and water.
2. Rinse vegetables under cool running water before preparing.
3. Preheat oven to 400 degrees F. Lightly grease a baking sheet or line the sheet with aluminum foil.
4. Poke the whole eggplant with a knife or fork in 8 to 10 places. Place on baking sheet and roast until the eggplant collapses and softens, about 45 minutes. Turn over after about 20 minutes. Smaller eggplants will take less time.
5. Cool eggplant for 10 to 15 minutes. Remove the stem and skin to throw away or compost. Place cooked eggplant in a medium bowl or blender. Add the rest of the ingredients and stir or blend until smooth.
6. Scoop mixture into a serving bowl and sprinkle with parsley, if desired.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 2 Tablespoons	
Nutrients	Amount
Calories:	40
Total Fat:	2.5g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	50mg
Total Carbohydrates:	4g
Dietary Fiber:	2g
Total Sugars:	1g
Added Sugars:	0g
Protein	1g

Utensils Needed

- Sharp knife
- Cutting board
- Baking sheet
- Fork
- Blender
- Measuring spoons
- Measuring cups
- Mixing spoon
- Medium bowl

SHOPPING LIST

Average total cost without oil and seasonings: \$12.01

Average cost/serving: \$1.00

Makes: 12 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Globe eggplant



Add 1 to Cart
Tahini, jar



Add 2 to Cart
Fresh lemon



Add 1 to Cart
Garlic bulb

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Refrigerate leftovers within 2 hours.
- Serve with raw vegetables, whole-grain pita or crackers.
- Try adding 1 to 2 Tablespoons olive oil or plain yogurt for a smoother dip with even more flavor.
- No tahini? Try using 2 Tablespoons smooth peanut butter and 2 Tablespoons vegetable oil.

Similar Recipes

- Chicken and Broccoli in Lemon Sauce
- Apricot and Lemon Chicken

