

Easy Eggplant Dip

Recipe Type: Snack

Serves: 4

Prep Time: 15 minutes

Cooking Time: 25 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 1 large eggplant
- ¼ T salt
- 1 t olive oil
- 1 lemon
- 4 t ground black pepper
- 4 garlic cloves
- 2 T fresh cilantro, chopped



This is a picture of 1 serving.

What to do:

1. Preheat the oven to 450°F.
2. Wash your hands.
3. Cut the eggplant into ¼ inch round slices.
4. Sprinkle the slices with salt. Put them in a colander to drain for 10 minutes.
5. Rinse the eggplant slices with water. Dry the slices between two paper towels.
6. Put them on a baking sheet. Sprinkle them with olive oil.
7. Bake the eggplant for 15-20 minutes turning it 2 times. The eggplant will be soft and golden.
8. Cool the eggplant on the counter.
9. Peel off the skin and put the eggplant in the blender.
10. Blend the eggplant with the lemon juice, black pepper, and garlic until it is creamy.
11. Pour the mix in a bowl.
12. Add the cilantro and mix with a spoon.
13. Use it as dip for fresh cut veggies or pita bread.
14. Enjoy!

Nutrition Facts

Serving Size 1/2 C

Amount Per Serving

Calories 100

Calories from Fat 50

%Daily Value*

Total Fat 5 g **8%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 150 mg **6%**

Total Carbohydrate 13 g **4%**

Dietary Fiber 6 g **24%**

Sugars 4 g

Protein 3 g

Vitamin C 15%

Vitamin A 2%

* Percent Daily Values are based on a 2,000 calorie diet.

FK= 3.3

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