

CHARRED EGGPLANT DIP

It's eggplant season! Here is a nutritious and new method beyond eggplant parmesan to use these beauties...

RECIPE

1 medium eggplant

1 tablespoon olive oil

Dash of salt

3 tablespoons tahini (also known as sesame seed paste and a GREAT pantry staple to add Mediterranean flavor and healthy fats to your meals)

1 garlic clove, peeled and minced

Juice of 1 lemon

Pinch of cayenne pepper

1/2 teaspoon ground cumin

1 tablespoon chopped flat-leaf parsley

Sesame seeds for garnish (optional)

Heat oven to 375°F. Brush a baking sheet with olive oil. Over a gas flame, grill or under a broiler, evenly char the skin of your eggplants. Transfer to a cutting board, let cool, and remove stem and cut lengthwise. Place cut side down on prepared baking sheet and roast

for 30 to 35 minutes, until very, very tender when pressed. Cool to room temperature.

Scrape eggplant flesh from skin and into a food processor. Add tahini, lemon, cayenne, cumin and parsley. Blend in until combined but still coarsely chopped (NOT pureed). Pour into a serving bowl and garnish with parsley, drizzle of olive oil, and even sesame seeds! Pairs best with fresh veggies and whole wheat pita or naan.

Recipe adapted from Smitten Kitchen.

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