

ROASTED EGGPLANT DIP

INGREDIENTS

- 2 Eggplants (medium) (peeled)
- 1 Red pepper (seeded)
- 1 Onion (red) (peeled)
- 2 cloves Garlic (minced)
- 3 T Extra virgin olive oil
- 1/2 t Cayenne pepper
- 1 1/2 t Kosher salt
- 1/2 t Black pepper
- 2 T Lemon juice
- 2 T Techina
- 3 T Parsley (chopped)
- Non-stick cooking spray



COOKING DIRECTIONS

- 1 Pre-heat oven to 400 F
- 2 Cut the eggplant, pepper & onion into 1 inch cubes and place in a bowl
- 3 Toss the vegetables with the garlic, oil & seasoning
- 4 Spray the non-stick cooking spray on a baking sheet & spread vegetables evenly
- 5 Roast the vegetables for 25 minutes & then flip the vegetables
- 6 Bake another 20 minutes & then cool for 15 minutes
- 7 Place the vegetables in a blender with the lemon juice & techina
- 8 Pulse 3-4 times to blend & then transfer to a bowl
- 9 Taste to see if you need more salt & pepper & add the chopped parsley