

Eggplant Dip



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Serves: 10

Prep: 15 minutes | **Cook:** 30 minutes

INGREDIENTS

- 1 eggplant, roasted
- 1 1/2 teaspoons salt
- 1 teaspoon Italian seasoning
- 1 teaspoon lemon juice
- 2 medium onions, thinly sliced
- 2 tablespoons cooking oil

DIRECTIONS

1. Preheat oven to 375°F.
2. Cut eggplant in half from the top to bottom. Place on a baking sheet and roast in the oven for 30 minutes.
3. Heat oil in a frying pan over medium-high heat. Add onions, decrease heat to low, and cook until caramelized. (Note: Caramelizing means to slowly cook onions until the natural sugar is released. The onions will turn golden brown when caramelized). Remove from heat.
4. Place eggplant, caramelized onions, lemon juice, salt, and Italian seasoning in a food processor or blender and pulse for 2 minutes.
5. Serve with vegetables or chips.



Nutrition Information

Serving Size: 1/10 of recipe (2 ounces)

Total calories	46
Total fat	3 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	343 mg
Carbohydrates	5 g
Fiber	2 g
Sugar	2 g
Protein	1 g

Recipe source: Greater Chicago Food Depository