

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. Wash your hands.
2. Preheat the oven to 450°F.
3. Cut the eggplant into ¼ inch slices.
4. Sprinkle the slices with salt. Put them in a colander to drain for 10 minutes.
5. Rinse the eggplant slices with water and dry the slices between 2 paper towels.
6. Put them on a baking sheet and sprinkle with olive oil.
7. Bake the eggplant for 15–20 minutes, turning it over 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 into a blender.
10. Blend the eggplant with the lemon juice, black pepper, and garlic until creamy.
11. Pour the mix in a bowl. Add cilantro and mix with a spoon.
12. Enjoy!

Nutrition Facts

4 servings per container

Serving size 1/2 Cup (180g)

Amount per serving

Calories 70

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 210mg 9%

Total Carbohydrate 13g 5%

Dietary Fiber 5g 18%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 33mg 2%

Iron 1mg 6%

Potassium 456mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FK=3.2

Tip: Use it as a dip for fresh cut veggies or pita bread.