

Eggplant and Pepper Dip

Makes: 8 servings

Vegetables are roasted in the oven and then put in the blender to create a creamy and delicious low-fat dip.

Ingredients

- 1 eggplant (large)
- 2 red pepper
- 1 onion (small)
- 1/4 teaspoon garlic powder
- 2 tablespoons vegetable oil
- 1 teaspoon oregano
- 1 teaspoon basil
- 1/4 teaspoon salt

Directions

1. Use a vegetable peeler to remove the peel from the eggplant.
2. Chop the eggplant into 1 inch cubes.
3. Chop the red peppers.
4. Peel and chop the onion.
5. Put all the ingredients in a large bowl. Stir together.
6. Spread the ingredients on a baking tray.
7. Bake at 400 degrees for 45 minutes. While the dip is baking, stir it a few times.
8. When the eggplant is lightly browned and soft, take the dip out of the oven.
9. Let the dip cool for at least 10 minutes.

Nutrition Information

Nutrients	Amount
Calories	69
Total Fat	4
Saturated Fat	0
Cholesterol	0 mcg
Sodium	75 mg
Total Carbohydrate	9 g
Dietary Fiber	3 g
Total Sugars	4 g
Added Sugars included	0 g
Protein	1 g
Vitamin D	0 IU
Calcium	14 mg
Iron	1 mg
Potassium	171 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	1 cup
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10. Put the dip the blender. Blend until smooth.

11. Serve the dip cold or at room temperature.

Notes

Try this low-fat dip with cut vegetables, toast, or as a spread on sandwiches.

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