MEDITERRANEAN EGGPLANT DIP

Ingredients

• 1 large eggplant (about 1-1/2 pounds), peeled
• 1 small onion, coarsely chopped
• 6 garlic cloves, peeled
• 3 tablespoons olive oil
• 1 cup reduced-fat sour cream
• 4 teaspoons lemon juice
• 3/4 teaspoon salt
• 1/2 teaspoon pepper
• 10 drops liquid smoke, optional
• Minced fresh parsley
• Optional ingredients: Naan flatbread wedges or miniature pitas, cherry tomatoes, celery sticks, julienned red pepper, baby carrots and Greek olives

Directions

• Preheat oven to 400°. Cut eggplant crosswise into 1-in. slices; place on a greased 15x10x1-in. baking pan. Top with onion and garlic cloves. Drizzle with oil.
• Roast until eggplant is very soft, 40-45 minutes, turning and stirring vegetables once. Cool slightly.
• Place eggplant mixture in a food processor; process until blended.
• Transfer to a large bowl; stir in sour cream, lemon juice, salt, pepper and, if desired, liquid smoke.
• Sprinkle with parsley. Serve with flatbread and vegetables as desired.

Nutrition Facts

1/4 cup (calculated without optional ingredients): 77 calories, 5g fat (2g saturated fat), 10mg cholesterol, 132mg sodium, 5g carbohydrate (3g sugars, 2g fiber), 3g protein.