

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.