



Vegan Eggplant and Tomato Dip

Eggplant is an ingredient that is used in many regions in the Middle East. This recipe combines eggplants and tomatoes to create a flavorful vegan dip that everyone can enjoy.



Serving
6



Prep
15 Minutes



Cook
60 Minutes



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- 3 Eggplants
- 2 Roma tomatoes, diced
- 1 Medium onion, chopped
- 2 Cloves garlic, minced
- 1 tbsp Tomato paste
- 1 tbsp Olive oil
- 1 tsp Turmeric

1. Preheat oven to 400° F.
2. Wrap the eggplant in foil.
3. Roast the eggplants for 40–60 minutes, until they become soft. Once ready, allow them to cool. Peel the skin and mash the flesh with a fork.
4. Sauté the onion on medium heat and add the turmeric.
5. When the onion turns golden brown, add the tomato paste. Cook for 5 minutes until tomato paste turns dark red.
6. Add the tomatoes, cook for 5–7 minutes or until the tomatoes start to soften.
7. Add eggplant, stir in with other ingredients. Cook for 10–15 minutes until the ingredients are combined well and the water has evaporated.
8. Serve with a side of whole grain pita bread or crackers.

DIETITIAN'S MESSAGE

This dip is a great appetizer but can also be made into a main meal by adding protein to it. If you want this dip to become a more complete meal, add protein to it by mixing in some crumbled tofu, tempeh or no salt added canned chickpeas.



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