

Eggplant and Pepper Dip

Yield 8 servings

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

Instructions

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.
10. Put the dip the blender. Blend until smooth.
11. Serve the dip cold or at room temperature.

Cost

Per recipe: \$3.50
Per serving: \$0.44

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network
Website Recipes

Notes

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

Nutrition Facts

Serving Size 1/8 of recipe (100g)
Servings Per Container 8

Amount Per Serving

Calories 60 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 75mg **3%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 1g

Vitamin A 20% • Vitamin C 70%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4