

ROASTED EGGPLANT DIP

INGREDIENTS

DIP

1 medium eggplant (~ 1 1/2 lbs)

1 bulb garlic

1/2 teaspoon cumin powder

2 tablespoons fresh parsley, chopped

1/8 teaspoon ground black pepper

2 tablespoons lemon juice

1 tablespoon olive oil

TORTILLA CRISPS

***4 white flour tortillas
(6 inches diameter)***

***1 tablespoon olive oil
or cooking spray***

***1/2 teaspoon chili powder
(optional)***

***1/2 teaspoon cumin powder
(optional)***



PREPARATION: 10 MINUTES

COOKING: 50 MINUTES

8 SERVINGS

PREPARATION

- 1** Preheat your conventional oven to 400° F.
- 2** Cut the eggplant in half lengthwise and place the skin side facing up on a lined or non-stick baking sheet. Cut the tops off the garlic bulb. Wrap the garlic bulb in aluminum foil and place on the same baking sheet as the eggplant. Bake for 40 minutes or until eggplant and garlic both soften and become aromatic.
- 3** Once the eggplant and garlic have been roasted and cooled, the dip can be made. Scoop out the softened eggplant from its skin and squeeze the garlic from the bulb into a mixing bowl or food processor. Add all other ingredients for the dip. Puree in a food processor or with a handheld blender.
- 4** To make the tortilla crisps, preheat oven to 400° F. Cut each tortilla into eight wedges and spread them on a lined or non-stick baking tray. Brush the tortillas with olive oil (or spray with oil). Sprinkle them with a blend of chili powder and cumin if desired. Bake for approximately 8 minutes or until crispy.

Nutrient Analysis	
PER SERVING	
1/8 of recipe 4 crisps with 1/4 cup of dip	
Renal exchange: 1 Vegetable + 1 Starch	
Calories	141Kcal
Protein	4g
Carbohydrates	23g
Fibre	4g
Total Fat	4g
Saturated Fat	0.6g
Cholesterol	0mg
Sodium	166mg
Potassium	263mg
Phosphorus	58mg