

Smoky Eggplant Dip

Ingredients:

- 1 lb eggplant (1 large, ~3 small)
- 1 garlic bulb, unpeeled
- 1 bell pepper (or a spicy pepper)
- 1 onion, peeled and chopped
- 1/2 tsp salt & pepper, each
- Oil (any kind), for drizzling



Directions:

1. Pre-heat oven to 425 degrees Fahrenheit.
2. Place all ingredients on a sheet tray, drizzle with oil, and place in oven. Roast for approximately 45-60 minutes, or until each of the ingredients have charred on the outside and partially deflated; roasting time may vary. Remove and allow to cool completely.
3. Now for the fun part! Working against a flat surface, de-stem and peel the eggplant and peppers. For the garlic bulb, cut the tip off each clove with scissors, then peel (easiest when the clove is kept intact). Puree the onion with oil or finely chop it.
4. Mash all ingredients in a bowl. Drizzle with olive oil and serve with crackers, veggies, or use as a spread.

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Makes 1 lb
(25 1-tbsp servings)

Makes 1
Prep time: 25 min
(25 1-tbsp servings)
Cook time: 45-60 min

Prep time: 20
Cook time: 45-

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