

MEDITERRANEAN EGGPLANT DIP

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 7 (Serving= 1/2 cup)

Nutrition (per serving)

Calories: 98

Total Fat: 8 g

Saturated Fat: 2 g

Sodium: 284 mg

Total Carbohydrate: 5 g

Dietary Fiber: 2 g

Protein: 2 g



Ingredients

- ½ of a medium eggplant
- 1 teaspoon garlic, minced
- ½ cup crumbled feta cheese
- ½ red bell pepper, chopped
- ¼ red onion, chopped
- ½ cup fresh spinach, chopped
- 2 Tablespoons extra-virgin olive oil
- 2 Tablespoons red wine vinegar
- ¼ cup Kalamata olives, chopped
- 2 canned artichoke hearts, rinsed and chopped
- ¼ teaspoon smoked paprika



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Directions

1. Position oven rack about 6" beneath the broiler. Preheat broiler.
2. Pierce skin of eggplant a few times with a fork to allow it to steam while broiling.
3. Place on a baking sheet and into broiler, turning with tongs every 5 minutes until the skin is charred and a knife inserted into the dense flesh near the stem goes in easily. This should take approximately 15-20 minutes. Remove from oven and transfer to a cutting board until cool enough to handle.
4. Once eggplant is cool, slice it in half lengthwise and chop one half into small cubes.
5. Place all ingredients in a bowl and mix well. Top with smoked paprika.
6. Serve with homemade whole wheat pita chips.