

Eggplant Dip Recipe



PREP TIME:
20 MINUTES

COOK TIME:
24 MINUTES

TOTAL TIME:
44 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 10-12 Servings (*appetizer portion*)

Ingredients:

- 1 Medium to Large Eggplant – Peeled and Sliced ¼” Thick
- ¼ Large Red Onion – Diced Small
- 3 TBSP Extra Virgin Olive Oil
- Salt for light Seasoning
- Garlic Powder for Seasoning
- 2 TBSP Veganaise

Instructions:

1. Preheat oven to 425 degrees.
2. Spray 2 cookie sheets with olive oil spray. Place round cuts of eggplant on both sheets. Drizzle tops with bit of olive oil. Sprinkle each with salt and garlic powder. Flip & Repeat.
3. Roast eggplant 12 minutes on one side, flip and roast another 10-12 minutes.
4. Place eggplant on paper towels and soak up olive oil.
5. In a sauté pan, add 1 TBSP olive oil and cook down red onion until caramelized. Add sprinkle of salt.
6. Place eggplant and onion in medium bowl. Mix with spoon and add the Veganaise.
7. Can be served warm or stored in fridge for serving later. Will store in fridge 3-4 days.

Suggestions: Great as an appetizer with fresh veggies & crackers. Serve over pasta and veggies.

***Try and use all organic ingredients if possible.**

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