
Plantation Eggplant Dip

Franny Rivers Slay

Party Recipes from the Charleston Junior League - 1993

1 large eggplant, cut in half lengthwise
1/4 cup olive oil
1 large red onion, chopped
2 cloves garlic, pressed
2 medium tomatoes, peeled, seeded and finely chopped
2 tablespoons fresh lemon juice
1/8 teaspoon cayenne pepper
6 small rounds pita bread, separated and cut into triangles

Preheat the oven to 400 degrees. Oil a baking sheet.

Place the eggplant halves cut-side down on the prepared baking sheet. Bake until soft when pricked with a fork, about 45 minutes. Cool slightly, then peel off the skin and discard it.

Chop the eggplant into small pieces and place in a medium-size bowl.

Heat the olive oil in a large, heavy frying pan over medium heat. Add the onion and garlic. Cook until soft but not brown, about 5 minutes.

Mix in the eggplant, tomatoes, lemon juice and cayenne pepper. Cook over low heat until the mixture has thickened, about 10 minutes. Let cool.

Cover and refrigerate until well chilled.

Serve with toasted pita triangles.

Yield: 45 servings

Appetizers

Per Serving (excluding unknown items): 1716 Calories; 60g Fat (31.1% calories from fat); 42g Protein; 258g Carbohydrate; 25g Dietary Fiber; 0mg Cholesterol; 1972mg Sodium. Exchanges: 13 Grain(Starch); 10 1/2 Vegetable; 0 Fruit; 11 1/2 Fat.