

Smoky Eggplant with Pine Nuts Dip

*Ana Sortun's "Spice: Flavors of the Eastern Mediterranean"
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Servings: 8

Yield: 2 1/2 cups

*2 pounds eggplant, peeled and roasted
1/4 cup plain Greek yogurt
1 teaspoon smoked salt
1 teaspoon (1 large clove) garlic, finely minced
1 tablespoon fresh lemon juice
2 tablespoons extra-virgin olive oil
1/4 to 1/2 teaspoon crushed red pepper flakes
1/4 teaspoon salt
freshly ground black pepper
1/2 cup toasted pine nuts*

Cut the roasted eggplant into chunks. Place in a food processor with all ingredients.

Process until smooth.

Serve with pita chips and vegetables.

Per Serving (excluding unknown items): 55 Calories; 4g Fat (53.8% calories from fat); 1g Protein; 6g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 69mg Sodium. Exchanges: 1 Vegetable; 0 Fruit; 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	55	Vitamin B6 (mg):	.1mg
% Calories from Fat:	53.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	39.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	6.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	4g	Folacin (mcg):	18mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	6g		

Food Exchanges

Dietary Fiber (g): 2g
Protein (g): 1g
Sodium (mg): 69mg
Potassium (mg): 204mg
Calcium (mg): 8mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 3mg
Vitamin A (i.u.): 87IU
Vitamin A (r.e.): 8 1/2RE

Grain (Starch): 0
Lean Meat: 0
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 55 Calories from Fat: 29

% Daily Values*

Total Fat	4g		5%
	Saturated Fat	trace	2%
Cholesterol	0mg		0%
Sodium	69mg		3%
Total Carbohydrates	6g		2%
	Dietary Fiber	2g	9%
Protein	1g		

Vitamin A			2%
Vitamin C			5%
Calcium			1%
Iron			1%

* Percent Daily Values are based on a 2000 calorie diet.