Grilled Eggplant Dip
in a new light

Makes: 8 servings
Prep Time: 10 minutes
Cook Time: 30 minutes (plus preheating grill)
Difficulty: Easy

Ingredients:
• 2 medium eggplants
• 6 whole unpeeled garlic cloves
• 4 tablespoons lemon juice
• 3 tablespoons chopped fresh parsley
• 1 1/2 tablespoons tahini
• 1 tablespoon olive oil
• 1/4 teaspoon kosher salt
• Pinch cayenne pepper
• 2-3 Boston or butter lettuce leaves, for lining bowl
• 1/8 teaspoon paprika
• Lemon wedges, for garnish
• Cut-up raw vegetables for dipping (try bell pepper strips, sliced cucumbers, endive spears, and carrot sticks)

Directions:

Preheat the grill for direct grilling over high heat. Wrap unpeeled garlic cloves in heavy-duty aluminum foil, sealing to make a small packet.

Place eggplants and garlic packet on preheated grill and cook, turning occasionally with tongs, until eggplant and garlic are very soft, 25–30 minutes. Transfer to a plate and let cool.

Squeeze the garlic from the cloves and peel off and discard the burnt skin from the eggplants. Place both in a food processor and pulse several times to coarsely chop. Add lemon juice, parsley, tahini, oil, salt, and cayenne; pulse just to mix.

Line a small bowl with lettuce leaves and gently spoon in dip. Sprinkle with paprika and serve with lemon wedges and cut-up vegetables for dipping.

Nutritional Information: Per serving (1/4 cup): 80 calories, 4.5 g fat (0.5 g saturated, 0 g trans), 0 mg cholesterol, 210 mg sodium, 10 g carbohydrate, 5 g fiber, 2 g protein.