

PREPARATION: 10 MINUTES

COOKING: 50 MINUTES

SERVINGS: 8

ROASTED EGGPLANT DIP



Nutrient Analysis

PER SERVING: 4 Crisps with ¼ cup of Dip

RENAL EXCHANGE: 1 Starch + 1 Vegetable + 1 Fat

Calories	129 Kcal	Sodium	190 mg
Protein	3 g	Potassium	248 mg
Total Carbohydrate	18 g	Phosphorus	78 mg
Fiber	3 g	Calcium	56 mg
Sugars	4 g	Iron	1 mg
Fat	6 g	Magnesium	19 mg
Saturated	1 g	Vitamin C	5 mg
Cholesterol	0 mg		

Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant

ROASTED EGGPLANT DIP

INGREDIENTS

Dip

1 medium eggplant (~1½ lbs)

1 bulb garlic

½ teaspoon cumin powder

***2 tablespoons fresh parsley,
chopped***

½ teaspoon ground black pepper

2 tablespoons lemon juice

1 tablespoon olive oil



Tortilla Crisps

***4 white flour tortillas
(6 inches diameter)***

***1 tablespoon olive oil
or cooking spray***

½ teaspoon chili powder (optional)

***½ teaspoon cumin powder
(optional)***

PREPARATION

- 1** Preheat oven to 400°F.
- 2** Cut the eggplant in half lengthwise and place the skin side facing up on a lined or non-stick baking sheet.
- 3** Cut the tops off the garlic bulb. Wrap the garlic bulb in aluminum foil and place on the same baking sheet as the eggplant. Bake for 40 minutes or until eggplant and garlic both soften and become aromatic.
- 4** Once the eggplant and garlic have been roasted and cooled, the dip can be made. Scoop out the softened eggplant from its skin and squeeze the garlic from the bulb into a mixing bowl or food processor. Add all other ingredients for the dip. Puree in a food processor or with a handheld blender.
- 5** To make the tortilla crisps, preheat oven to 400°F.
- 6** Cut each tortilla into eight wedges and spread them on a lined or non-stick baking tray. Brush the tortillas with olive oil (or spray with oil). Sprinkle them with a blend of chili powder and cumin if desired. Bake for approximately 8 minutes or until crispy.

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