

YIELD: 6-8 SERVINGS

Melitzanosalata (Greek Eggplant Dip)

Melitzanosalata is a simple Greek eggplant dip that takes simple ingredients to create amazing flavors. It's great with pita bread, or as an accompaniment to grilled meats or fish.

PREP TIME

15 minutes

COOK TIME

40 minutes

TOTAL TIME

55 minutes



Ingredients

- 2 large eggplants
- 1 garlic clove, minced
- ¼ cup extra virgin olive oil
- 1 lemon, juiced
- ¼ cup chopped parsley, plus more for garnish
- ¼ tsp red chili flakes
- salt, to taste
- pepper, to taste
- Optional Garnishes:
 - scallions
 - kalamata olives
 - cherry tomatoes
 - feta cheese

Instructions

1. Preheat oven to 425°F.
2. Cut the eggplants in half. Brush it all over with olive oil and place it flat side down on a foil or parchment pepper lined sheet. Pierce in several places with a fork. Bake for 30-40 minutes. (see note 1 for open flame instructions)

3. Once cooled, scoop out the flesh of the eggplant and place in a colander. Allow water to drain out for 10-15 minutes.
4. Transfer the eggplant to a mixing bowl and mash to a smooth consistency with a fork. Add in olive oil, minced garlic, lemon juice, parsley, red chili flakes, salt and pepper. Combine until well mixed.
5. Top with preferred garnishes and drizzle it with more extra virgin olive oil.

Notes

1. The more traditional method involves cooking the eggplant, whole, over an open flame. To do this, set the flame to medium and place the eggplant directly on the flame. Rotate ever 3-4 minutes with tongs until eggplant is fully softened and skin is charred, about 15-20 minutes.
2. Leftovers: You can refrigerate leftover melitzanosalata 3-4 days in an airtight container. Make a big batch, as it goes great with so many things. We do not recommend freezing it.

Nutrition Information

Yield⁸

Serving Size¹

Amount Per Serving

Calories 134

Total Fat 8g

Saturated Fat 2g

Trans Fat 0g

Unsaturated Fat 6g

Cholesterol 3mg

Carbohydrates 16g

Fiber 5g

Sugar 6g

Protein 2g

Nutrition information calculated by Nutritionix.