Roasted Eggplant Hummus

When I received this recipe as an email from the AZ Department of Health Services, I thought it sounded good, so I blended up a batch. Both my husband and I enjoyed it so much, that I have made it several times since then. The texture is very smooth, with a pleasing flavor. I have doubled the recipe and used it as the protein source for sack lunches. It keeps well in the refrigerator for 3-5 days.

Ingredients:

- 1 small eggplant
- 1 can garbanzo beans (drained and rinsed)
- 1 lemon
- 2-3 cloves of garlic
- 3 TBS olive oil
- 1/2 tsp salt
- Pepper to taste
- 1-2 TBS of plain yogurt if desired

Directions

Wash hands with warm water and soap. Preheat oven to 400°. Cut eggplant in half, length wise, drizzle with olive oil, and season with salt and pepper to taste, place on an oven safe pan and roast for 45 minutes. Remove and cool.

Using a blender or food processor, add the beans, and garlic cloves. Cut lemon in half and squeeze the juice adding about 2 TBS of juice to the beans and garlic. Scoop out the flesh of the cooled eggplant and add to the blender/food processor. Add salt/pepper and yogurt if desired.

Place the lid and begin to puree the mixture, drizzle in the oil as it blends. You may need to scrape the sides of the blender. Taste and adjust the hummus to your taste of additional lemon and yogurt, if dry you can add a little water or more oil blend to your desired consistency. Basil can also be added as a complementary flavor to this dish. Serve with whole grain pita bread or sandwich rounds and a variety of sliced vegetables - radishes, green onion, cucumber, tomato, and spinach leaves.

Makes 8 servings.

Nutrition Information Per Serving:
Calories, 244; Protein 8 g, Total fat, 8.6 g; Saturated fat 2 g, Total carbs 28 g, Dietary fiber 10 g; Sodium, 160 mg; Calcium, 65 mg.

Recipe courtesy of Emily Davis of the Arizona Department of Health Services.

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