



Roasted Eggplant Spread

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: ~¼ cup

Ingredients

1 medium eggplant, peeled and cut into 1- to 2-inch chunks (about 12 ounces or 4 cups)

1 medium onion, chopped (about 1 cup)

1 tablespoon olive oil

¼ teaspoon garlic powder

¼ teaspoon salt

¼ teaspoon ground black pepper

1 tablespoon tomato paste

Directions

1. Preheat oven to 400°F.
2. In a medium mixing bowl, toss together the eggplant, onion, oil, salt, and black pepper.
3. Transfer the mixture to a baking sheet and spread into a single layer.
4. Roast in preheated oven until caramelized and tender, about 25-30 minutes.
5. Remove from oven and set aside to cool slightly, about 10 minutes.
6. Transfer the roasted vegetable mixture to a food processor or high-powered blender and add the tomato paste.
7. Pulse to chop up and mix in the tomato paste. The spread will remain chunky.
8. Serve right away.

Recipe Notes

- Try this spread on toasted crusty bread, pita chips, crackers, or sandwiches.
- This spread may be stored in the refrigerator for up to 7 days.

**Nutrition Facts Per Serving: Calories: 50 | Total Fat: 2 g | Saturated Fat: 0.5 g
Sodium: 150 mg | Total Carbohydrate: 6.5 g | Dietary Fiber: 1.5 g | Protein: 1 g**

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