

# RECIPE OF THE WEEK

FEATURING: *EGGPLANT!*

## ALMOND-EGGPLANT DIP

ADAPTED FROM FATFREEVEGAN.COM

Serves: 4

### Ingredients

- 1 large eggplant
- 1/4 cup almonds
- 1/2 teaspoon mustard seeds (not ground mustard)
- 1/2 onion, minced
- 1 small jalapeño chile, seeded and chopped
- 1/2 tsp. ground ginger (or 1 tsp. minced fresh ginger)
- 3 cloves roasted garlic
- 2 Tbsp. low-fat vegan mayo or unsweetened plain plant yogurt
- 2 Tbsp. fresh squeezed lemon juice
- Cayenne pepper, to taste
- Salt, to taste

### Instructions

Preheat oven to 425F. Wash the eggplant and prick it all over with a fork. Place it in a pan and roast it until completely collapsed and charred-looking on top, about 45-60 minutes. Remove from oven and set aside to cool.

Once the eggplant is cool, scoop out the flesh and put it into a medium-sized bowl. If there are lots of large seeds, separate and discard them. Mash the flesh with a fork until a coarse puree is formed.

Heat a medium non-stick frying pan and add the almonds and mustard seeds. Toast them for about 2 minutes or until the seeds begin to pop. Add the onion, chile, and ginger and cook on medium for a few more minutes, until just browning. Transfer to a small blender; add the garlic, lemon juice, yogurt (or mayo), and two tablespoons of water, and puree.

Add the almond puree to the eggplant. Season to taste with cayenne and salt. Serve with raw vegetables or bread such as whole-wheat pitas.

### Note

To roast garlic, peel the outer paper off of a head of garlic. Wrap it in foil and bake in the pan along with the eggplant, for 45-60 minutes. When cool, cut off the top of the head and squeeze out the individual cloves. Use the remainder in soups, pasta sauce, on toast with avocado, or whatever!

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