



Hummus is great but it's not the only spread in town. Try this. Roasted eggplant and garlic come together to create a luscious, smoky dip that will have you coming back for more.

Ingredients

- 3 large eggplants
- 2 vine ripe tomatoes, diced
- 2 green onions, diced
- 1/4 bunch parsley, chopped
- 1 teaspoon lemon juice
- 1 teaspoon black pepper
- 1 teaspoon sea salt
- 1 cup low-fat Greek yogurt
- 1/4 cup extra virgin olive oil
- 1 teaspoon lemon zest
- 2 garlic cloves, chopped
- 1/4 cup grapeseed oil
- Fresh mint (optional)

Directions

- Preheat oven to 375°.
- Season the eggplant with grapeseed oil, salt, and pepper. Place on a baking sheet and bake for 25 minutes until soft, put aside to cool.
- Peel the eggplants and dice, place in a mixing bowl. Add tomatoes, green onions, grapeseed oil, parsley, lemon juice, pepper, salt, and yogurt, mix well.
- In a skillet heat up the olive oil and garlic. Cook for one minute or until the garlic turns white and aromatic, then add to the bowl with the other ingredients.
- Mix well and serve on a platter, garnish with lemon zest, fresh mint or parsley.
- Serve with crudities, pita bread, or as a sandwich spread.

BON APPÉTIT
MANAGEMENT COMPANY

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FATS MATTERS GET YOURS FROM (MOSTLY) PLANTS

Did you know?

- Fats enhance flavor and increase satiety.
- When eaten in moderation, plant fats are good for your heart, brain function, and skin cells.
- Fats are an essential part of your diet, but not all fats are created equal. Limit those found in processed foods and derived from animal sources.



DIY Dip Bar

Healthy plant-based fats like those found in oils, avocados, nuts, and seeds are great additions to platters, dips, and spreads. Prepare your own dips by incorporating healthy fats!

The Basic Recipe

DIPS: hummus, baba ganoush, avocado, white beans, black beans, lentils, beets

TOPPINGS: cucumbers, tomatoes, quinoa, olives, fresh or dried herbs, nuts, seeds

OILS: extra virgin olive oil, chili oil, herb oil, chili flakes

SPICES: cumin, cloves, mustard, peppers, ginger, garlic

CRUDITES: carrot, celery, cucumber, radishes, jicama, cauliflower, broccoli, cherry tomatoes

White Bean Hummus with Oregano

Makes 2 servings • 1 serving = 1/2 cup

- 1 can white beans, drained and rinsed
- 3-4 tablespoons tahini
- 1-2 tablespoons olive oil + 2 teaspoons more for drizzle
- Juice of 1/2 lemon
- 1/2-1 teaspoon salt
- 3 sprigs fresh or 1 teaspoon dried oregano

Pour drained beans into a food processor or blender. Add 2-3 tablespoons water.

Add tahini, olive oil, and lemon and blend until desired consistency is reached.

More water may be added if necessary.

Blend in salt and oregano to taste. Serve with olive oil drizzle and fresh vegetables for dipping.