SPICY EGGPLANT DIP

About 3 cups



INGRFNIFNTS

AMOUNT ITEM

14 oz.

4 lb Japanese eggplant Canned diced tomato

(drain and reserve for later use)

6-8 Diced garlic cloves

1/2-1 cup Olive oil 2 tbsp. Turmeric 1 tsp. Lemon pepper Apple cider vinegar 1/8 cup

Salt and pepper (to taste)

PRFPARATION

- 1. Dice eggplant.
- 2. Heat the oil in a large pan and add the diced eggplant. Sauté over medium-high heat, until it sweats and turns golden brown. Add garlic, turmeric, salt, pepper, lemon pepper and diced tomato (drained) to the mix. Sauté for a few more minutes and reduce the heat to medium and allow it to simmer for 25 minutes. stirring occasionally.
- 3. In the last few minutes of cooking, add vinegar, bring to boil and simmer for 10 more minutes. If the eggplant is still undercooked, add a little of the reserved tomato juice and cook until the eggplant is fork-tender.

MIX IT UP!

For a fun twist, replace one pound of eggplant with zucchini. Be sure to sauté the zucchini separately and add to the mix at the same time vinegar is added. Cook for 10 minutes and serve with pita wedges.