

Indian Eggplant and Tomato Dip



Makes:

16 servings, total of 2 cups (384 g), 2 tablespoons each (24 g each)

Utensil:

10" Chef's Gourmet Skillet

10" Electric Oil Core Skillet

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Recipe:

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Recipe Description:

Serve this dip with baked pita chips, roasted vegetables (such as cauliflower), or whole-wheat crackers and you have a low-calorie, low-fat, low-sodium dip for guests that is satisfying and filling. The complex blending of spices will bring the taste of India to any party.

1 medium eggplant, halved lengthwise, about 1¼ pounds (570 g)
1 cup
sweet onion, shredded, use Cone #1 (135 g)
1 teaspoon
garlic, minced (5 mL)

Directions:

1. Preheat electric skillet to 350°F/177°C. Rinse both halves of eggplant, do not dry, and place into skillet skin-side down. Cook for 20 - 25 minutes, until flesh is tender when pierced with a fork. Remove and allow to cool. Using a knife peel off the skin and discard. Finely chop.
2. Preheat gourmet 10-inch skillet on medium heat. When several drops of water sprinkled on the pan skitter and disape, reduce heat to medium-low and place onion in skillet. Sauté until soft, about 5 minutes. Add garlic and ginger and continue to sauté for 1 minute. Add tomatoes and tomato paste and continue to sauté until tomatoes are soft, approximately 3 minutes.
3. Add chili powder, cumin, coriander and turmeric and sauté for 1 minute longer.
4. Add cooked eggplant and stir to combine. Add cilantro, water and yogurt and continue sautéing approximately 2 more minutes, until all ingredients are combined and reach a good dipping consistency.

Tips:

- Serve with chopped vegetables, baked pita chips, bruschetta or whole wheat crackers.
- Can be prepared up to 3 days prior to serving. Make and refrigerate. Bring to room temperature prior to serving.

Nutritional Information per

▼ Serving

Calories: 13
Total Fat: 1g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 30mg
Total 3g
Carbs:
Dietary Fiber: 1g
Sugar: 1g
Protein: 11g
