



Aunt Nellie's[®]

HERBED EGGPLANT & BEET DIP

SERVES: Makes 8 SERVINGS (approx. ¼ cup each)

PREP TIME: 30 MINUTES

COOK TIME: 15 MINUTES

INGREDIENTS

- 1 jar (16 ounces) Aunt Nellie's Sliced or Whole Pickled Beets, drained
- 2 tablespoons olive or canola oil
- 1 medium eggplant (about 1 pound), cut into 1-inch pieces
- 1 cup chopped onion
- 3 cloves garlic, sliced
- Salt
- Coarse ground black pepper
- 1/2 cup plain nonfat yogurt (Greek or traditional), optional
- 1/4 cup thinly sliced fresh basil
- 1 to 2 teaspoons chopped fresh thyme leaves

NOTE: Serve with pita chips, pita wedges, and/or fresh vegetables for dipping.

INSTRUCTIONS

1. Coarsely chop beets.
2. In large nonstick skillet heat oil over medium heat until hot. Add eggplant, onion and garlic; cook 15 minutes or until vegetables are tender, stirring frequently. Add water, 1 tablespoon at a time, if mixture seems too dry or begins to stick. Salt and pepper, as desired.

3. Place eggplant mixture in bowl of food processor; process until mixture is chopped and combined. Measure out 1/2 cup chopped beets; set aside. Add remaining chopped beets to eggplant mixture. Process until dip is desired consistency.
 4. Transfer dip to serving bowl. Stir in yogurt, if desired. Stir in herbs and reserved 1/2 cup chopped beets just before serving. If not served immediately, cover and refrigerate up to 6 hours. Allow to stand about 15 minutes before serving if chilled.
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FIND IT ONLINE:

<https://auntnellies.com/herbed-eggplant-beet-dip/>

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