

Roasted Eggplant and Red Pepper Dip

Roasted Eggplant and Red Pepper Dip



This colorful and creamy dip is a great centerpiece for a veggie tray or addition to any lunch box! Pair with fresh veggies, pita bread, or salad!

INGREDIENTS

- 1 Medium Eggplant cut in 1/2 rounds
- 1 medium Red Bell Pepper Large Pieces
- 6 TBS Olive Oil (Divided)
- 1 tsp salt divided
- Ground pepper
- 2 Tbs lemon juice

- 1 small garlic clove minced
- Feta cheese for garnish or mixed in if you prefer

INSTRUCTIONS

1. Preheat oven to 425.
2. Brush eggplant and peppers with olive oil.
3. Cook eggplant and pepper slices on Silpat or Parchment Paper for about 20 minutes.
4. Transfer veggies to a blender and add 3 Tbs olive oil, lemon juice, garlic, and salt. Blend until smooth.
5. Sprinkle or blend in feta cheese and drizzle with olive oil if desired.
6. Store in the fridge for up to one week and serve cold or room temp.

ENJOY!