



**Elliott Evans Nutrition, LLC**  
**Prevent and Protect**  
**Jan Elliott Evans, PhD, RD, CNSD**  
**Registered Dietitian**  
**drevans@ub-well.com**  
**www.ub-well.com**  
**(804) 339-3200**

## **CHARRED EGGPLANT DIP**

***Wholeliving.com***

***Makes 2 Cups***

- 2 small eggplants
- 1 clove garlic, minced
- 2 tablespoons fresh lemon juice
- Coarse salt
- Pinch of red pepper flakes
- Extra-virgin olive oil, for drizzling
- Radishes, wax beans, or carrots for dipping

- Broil eggplant on a rimmed baking sheet, turning occasionally, until soft and charred, about 20 minutes.
- When cool, remove skin and stems and mash flesh.
- Stir in garlic and lemon juice and season with salt and red pepper flakes.
- Drizzle with oil and serve with vegetables.