

Eggplant & Almond Dip With Celery

Makes: Four servings

Per Serving: 89 calories 4.25g fat 3.5g protein 12g carbohydrates 6g fiber 150mg sodium

Prep time: 5 minutes

Cook time: 15 minutes

Introducing the negative calorie version of baba ganoush, an eggplant dip with Middle Eastern roots that's a popular menu item in many Mediterranean restaurants. My version is ridiculously easy to whip together, and its smooth-spicy texture makes it the ideal dip for raw veggies like celery. Make it in large batches, if you want; it will last in the fridge for a week (unless your family or guests gobble it up before then!).

Ingredients

1 medium Italian eggplant, cut in half lengthwise Salt
2 tablespoons raw unsalted almond butter 2 tablespoons freshly squeezed lemon juice
½ teaspoon minced garlic (minced to a paste) Chili powder
1 bunch celery cut into 5-inch-long sticks

Method

1. Preheat a grill, a grill pan, or a cast-iron skillet to high. Using the tip of a sharp knife, score a crosshatch pattern ½ inch deep on the cut side of the eggplant and season with salt. Place, cut side down, on the hot cooking surface and cook until slightly charred; flip and repeat. Transfer the eggplant, cut side down, to a microwave-safe plate and cook on high until tender, 4 to 5 minutes.
2. Scoop out the eggplant pulp and drain off any excess liquid. Process the pulp in a food processor until smooth. Transfer to a stainless steel bowl set over another bowl with iced water to cool.
3. Once chilled, add the almond butter, lemon juice, and garlic to the eggplant puree and stir to combine. Taste and adjust the seasoning with additional salt, if needed, and sprinkle with the chili powder. Serve as a dip with celery sticks.

Tip

Try adding different spices to your dip, such as za'atar, smoked paprika, or a spicy chili paste.