

# Eggplant Caviar

This tempting, tasty side will transport your menu. Poise atop a wedge of toasted wheat pita bread or pair with colorful vegetable chipes. It's as delicious as it is unique.



**Serving Size:** 0.25 - cup

**Portions:** 24

## Ingredients

## Measure

Eggplant, roasted & chopped (8 whole, medium size, approx 8 lb)	6 cups
Garlic (medium size), roasted & chopped	24 cloves
Scallion, chopped (approx 1 bunch)	1/2 cup
Balsamic vinegar	1/4 cup
Extra virgin olive oil	1/4 cup
Mrs. Dash Lemon Pepper Blend	3 Tbsp

## Preparation

1. Wash eggplant and pierce with fork or knife all over, before baking, to aide in cooking and to prevent bursting while baking.
2. Place whole peeled garlic on aluminum foil square and lightly spray with pan release. Fold foil into a pocket and seal edges to completely cover garlic.
3. Place eggplant and foil garlic pouch on the same sheet pan lined with parchment paper. Bake at 350F for approx 45 minutes to 1 hour. Properly roasted eggplant will collapse and have a creamy soft flesh inside.
4. Remove eggplant and garlic from oven and cool slightly. Place eggplant on cutting board, slice in center (long way) and scoop out creamy insides with a metal spoon. Discard outer skin. Finely chop with a knife until smooth consistency. Place into large mixing bowl.
5. Finely chop roasted garlic and place into same large mixing bowl.
6. Add scallions, vinegar, olive oil and Mrs. Dash Lemon Pepper Seasoning Blend and to bowl. Mix to combined.
7. For Service: Use #20 scoop (or 1/4 cup) and serve with toasted pita bread or vegetable chips.

## Nutrition Facts

**Serving Size:** 0.25 cup

**Servings:** 24

Amount Per Serving

**Calories** 125 Calories from Fat 25

	Per Serving	% Daily Value*
<b>Total Fat</b>	3 g	4%
Saturated Fat	0 g	0%
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0%
<b>Sodium</b>	100 mg	4%
<b>Total Carbohydrate</b>	23 g	7%
Dietary Fiber	7 g	28%
Sugars	4 g	
<b>Protein</b>	4 g	

<b>Vitamin A</b>	2 %	<b>Vitamin C</b>	8 %
<b>Calcium</b>	2 %	<b>Iron</b>	8 %

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

Calories per gram:

Fat 9    Carbohydrate 4    Protein 4