

Eggplant Salad Dip

Makes for a delicious app at a party or an easy weekday lunch, also delicious as a side dish with grilled meats, chicken, or falafels. We love it so much we eat it by the spoonful! Always a hit, everyone asks for the recipe. Keeps well in the fridge, just leave out a few minutes before eating. Double the recipe if you want leftovers! Serve with crostini, pita chips, crackers, even soft French bread or pita.

Recipe by [Elena Marquez](#) | Created on **Nov 18, 2021**

Ingredients

- 1 large eggplant
- salt and ground black pepper to taste
- 4 tablespoons olive oil, divided
- ? cup chopped fresh parsley
- ? cup chopped fresh cilantro
- ? cup chopped fresh mint
- ½ small red onion, minced
- 2 cloves garlic, minced
- 1 medium lemon, zested and juiced, divided
- 1 tablespoon honey, or more to taste
- 1 tablespoon red wine vinegar

Directions

- Preheat the oven to 375 degrees F (190 degrees C). Line a baking sheet with parchment paper.
- Slice eggplant in half lengthwise and score the flesh. Rub the flesh with salt and pepper and brush with 1 tablespoon olive oil. Place flesh down on the prepared baking sheet.
- Bake in the preheated oven until it remains depressed when you poke the skin, 35 to 40 minutes. Remove from the oven and let rest for 15 minutes.
- Use a fork to scrape the flesh away from the skins and into a large bowl. Add parsley, cilantro, mint, onion, garlic, and lemon zest.
- Whisk remaining 3 tablespoons oil, lemon juice, honey, and vinegar together until just combined. Add to eggplant mixture and mix well. Season with salt and pepper and let rest 30 minutes before serving.

Nutrition Facts

Serving: **4 servings** | Calories: **191.3 kcal** | Carbohydrates: **18.9 g** | Protein: **2.5 g** | Saturated fat: **1.9 g** | Sodium: **9.8 mg** | Fiber: **7.4 g** | Sugar: **8.7 g**

Categories

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Vegetables

Eggplant