

Melitzanosalata (Greek Eggplant Dip)

Ingredients

2 large eggplants
2-3 cloves garlic, minced
1 lemon, zested and juiced
1/4 cup extra virgin olive oil
1/2 tsp ground cumin
1/2 tsp flakey sea salt
Fresh cracked pepper
Crushed red chili flakes (optional)
1/4 red onion, finely chopped
1/2 cup flat leaf parsley, chopped
Pitted Kalamata olives for garnish
Crumbled feta cheese for garnish (optional)

Method:

Preheat grill or grill pan to high heat. Pierce eggplant with a fork or knife in several places. Place the eggplant on hot grill or grill pan and cook, turning a few times until the skin is fully charred and eggplant is tender. Alternatively, roast in oven on 400° for 40 minutes until wrinkled and softened. Cool and drain eggplant in a colander, about 5-10 minutes, and set aside until cool enough to handle. Peel the charred skin and discard.

Rough chop the eggplant and transfer to a large mixing bowl. Add minced garlic, lemon zest, lemon juice, olive oil, cumin, sea salt, black pepper, red chili flake and mix. Fold in chopped red onion and parsley and combine. Transfer mixture to serving plate/bowl. Garnish with Kalamata olives and crumbled feta. Serve with warm pita, pita chips, baguette slices, or flatbread.

Recipe by Garden Chef Megan McCarthy



ATLANTA BOTANICAL GARDEN