

EGGPLANT SPREAD



I always made this eggplant dish without the peel, until I tried something similar at a friend's house with the peel chopped up in it...so now I do it either way, depending on my mood. Always a family favorite with challah on Friday night!

Ingredients:

3 medium or 2 large eggplants

2 cloves garlic, minced

1 Tablespoon [soy free vegenaïse](#)

1 Tablespoon fresh squeezed lemon juice

Himalayan pink salt and Pepper, to taste

Green onion, sliced thin

Putting it all Together:

- Wash eggplants well (I like [this veggie scrub brush](#)), prick all over with a knife and bake in the oven on a [parchment-lined](#) baking sheet at 425 degrees for 1 – 1 1/2 hours, depending on the size. Remove from oven and let cool.
- Cut off the ends of the eggplants and discard. Chop the rest in a [food processor](#), pulsing a few times.
- Add the vegennaïse, lemon juice, garlic, salt and pepper. Mix well and

top with green onion. Refrigerate until serving.
