

Roasted Eggplants with Peppers Spread

A healthy spread that has a rich flavor and can be used as a dip, a sandwich spread, or added to pastas or salads. It is made in no time and will nourish your body with wholesome food for days.

I have made this tasty spread for years. My inspiration comes from Ina Garden's recipe. I have played with it and used it for different purposes. The original recipe is for a dip. The spread is great with homemade or store-bought pita chips. But it also great as a vegetable added to quinoa or on a sandwich. I love to snack on it. I get hungry just thinking about it.

This dish can be made a day ahead. If you don't like the spicy kick that the red pepper gives this dish, feel free to reduce the amount or leave it out.

Ingredients:

- 1 eggplant (1-2 pounds), peeled and cubed
- 2 red or orange peppers, seeded and cubed
- 2 red onions, peeled and cubed
- 3-5 cloves of garlic, minced
- 3-4 TBS olive oil
- 1½ tsp. salt
- 1 tsp. pepper
- ½ tsp. dried, smoked chipotle peppers (optional)
- 1 TBS ketchup
- 3 TBS chopped parsley

Directions:

Preheat oven to 375 degrees.

Cut the peeled eggplant, peppers, and onions into 1-inch pieces. Toss them in a bowl with the garlic, olive oil, salt and pepper. Smear a baking sheet with 1 TBS of olive oil and spread the vegetables on them. Roast them for 45 minutes until they are lightly browned and soft, tossing them a couple of times during cooking. Cool slightly.

If you want to make the dip, put the veggies in a food processor, add the ketchup and parsley and pulse them several times to blend. Taste for salt and pepper. I often leave some vegetables out to use them for other dishes or just have them for a snack. I have added them to my pasta and quinoa salad.

Recipe adopted from Ina Garden
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