

SIDE DISH

Smoky Eggplant Puree with Crostini

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$0.51	102 kcal

Smoky Eggplant Puree with Crostini is a Mediterranean side dish. One serving contains 102 calories, 3g of protein, and 3g of fat. This dairy free, lacto ovo vegetarian, and vegan recipe serves 6 and costs 51 cents per serving. 1 person has made this recipe and would make it again.

Ingredients

☐ ¼ teaspoon freshly ground black pepper	☐ 4 ounces 18 (1/4-inch-thick) slices diagonally cut French bread baguette, toasted (about
☐ 1 medium eggplant, cut in half lengthwise (about 1 pound) cut in half lengthwise 1 pound	☐ 1 tablespoon extravirgin olive oil
☐ 1 tablespoon chopped fresh parsley	☐ 1 garlic clove, minced
☐ 1 tablespoon fresh lemon juice	☐ ½ cup finely chopped onion
☐ ½ cup finely chopped seeded plum tomato	☐ ½ teaspoon salt

EQUIPMENT Food processor, Bowl, Frying pan, Baking sheet, Aluminum foil, Broiler

Method

- 1 Preheat broiler.
- 2 Place eggplant, cut sides down, on a foil-lined baking sheet coated with cooking spray. Lightly coat eggplant with cooking spray; broil 30 minutes or until tender. Cool slightly.
- 3 Remove the pulp; discard skin.

- 4 Place eggplant, juice, salt, and pepper in a food processor; process until smooth.
- 5 Heat oil in a nonstick skillet over medium heat.
- 6 Add onion and garlic; cook 9 minutes or until lightly browned, stirring occasionally.
- 7 Remove from heat; add eggplant mixture, tomato, and parsley. Spoon mixture into a bowl; cover and chill at least 2 hours before serving with bread.

Nutrition per serving

102	3 g	3 g	16 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.5 g · 3% of daily needs
Fibre			3.6 g · 14% of daily needs
Sugar			4.9 g · 5% of daily needs
Sodium			287 mg · 12% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			7.4 mg · 9% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/smoky-eggplant-puree-with-crostini-148391