



Greenmarket Recipe Series

**Natural
Gourmet
Institute**

GRILLED BELL PEPPER & EGGPLANT SPREAD

Recipe by Natural Gourmet Institute

SERVES 6-8

Ingredients:

- 3 red bell peppers*
- 1 pound (2-3 small) eggplant*
- 2 garlic cloves*, minced
- Juice of 1 lemon
- 1 teaspoon ground cumin
- 1 teaspoon sea salt
- Pinch black pepper
- ¼ cup extra virgin olive oil
- 1 ounce minced parsley*, for garnish

Directions:

1. Over a hot grill (or 400F oven), heat whole bell peppers and eggplant. Cook until evenly charred, about 10-15, turning often. Transfer to a bowl and let sit, covered, for 10 minutes.
2. Peel charred skin off of peppers and eggplant. For the peppers, remove seeds and finely chop the flesh. For the eggplant, finely chop.
3. Transfer peppers and eggplant into a food processor; add garlic, lemon juice, cumin, salt, and pepper. Blend until smooth. While motor is running, slowly stream in olive oil until well-emulsified.
4. Transfer to a bowl and garnish with parsley. Serve with your favorite bread or pita chips.

****Ingredients available seasonally at your neighborhood Greenmarket***

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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