

Greek Eggplant Dip

Ingredients

1 large eggplant
2 tablespoons olive oil
1/2 onion sliced
1 garlic clove minced
1 tablespoon tomato paste
1/2 teaspoon ground cinnamon
Unrefined sea salt to your taste

Directions

Preheat oven to 350°. Bake whole eggplant on center rack of oven until soft, about 1 hour. Cool until warm then peel.

While eggplant is cooking heat 2 tablespoons olive oil over medium heat. Sauté onion until soft and lightly browned, about 10 minutes, stirring occasionally. Add garlic, cook and stir another minute. Stir in tomato paste and cinnamon. Remove from heat.

Add eggplant to bowl of food processor. Spoon sautéed onion and tomato paste mixture into bowl with eggplant. Pulse to desired consistency, chunky or smooth. Add salt to your taste. Serve warm or at room temperature with warm or toasted pita bread.