

Greatist Recipe: Eggplant Chips with Basil Yogurt Dip

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By Katie Morris | August 1, 2012



This recipe and photo were created by contributor Katie Morris of Katie at the Kitchen Door. Learn more about Katie and this recipe by checking out her accompanying post, and check out her Greatist bio on our About Page!

This healthy take on chips and dip will satisfy your salty snack cravings without causing an overdose an empty calories. Plus, these garlicky eggplant chips make use of some of the great veggies and herbs that are perfectly in season!

Recipe: Eggplant Chips with Basil-Yogurt Dip



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Photo by Katie Morris
Serves 2 as an appetizer

What You'll Need:

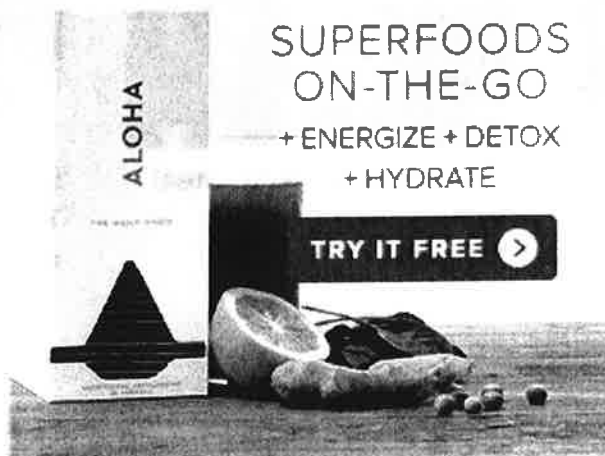
- 1 medium globe eggplant, thinly sliced
- 2 tablespoons olive oil
- 4 cloves garlic
- Kosher salt (about 1 cup — to prepare the eggplant slices!)
- 1 cup plain Greek yogurt
- 1 small cucumber, peeled and diced
- 1/2 cup basil leaves, roughly chopped
- 1 teaspoon lemon juice

What to Do:

1. Preheat oven to 400 degrees.
2. While oven is preheating, line a baking sheet with a few paper towels and arrange eggplant slices in a single layer. Generously coat the eggplant with the kosher salt, and cover with a second paper towel. Let sit for 10 minutes.
3. After 10 minutes, firmly press down on the slices to extract water from them. Wipe the water and salt from the eggplant slices and lay them back on the baking tray (without paper towel). Set aside.
4. In a food processor (or mortar and pestle), combine the olive oil and 2 cloves of the garlic, and blend or mix until a smooth paste forms.
5. Brush the eggplant slices with the garlic oil, then sprinkle with 1/2 teaspoon of salt.

6. Bake for 12 minutes, then flip and bake for 12 minutes on the other side. Chips should be crispy and dark brown — if they are still soft, bake for another 3-5 minutes.
7. While eggplant chips are baking, blend cucumber slices, basil leaves, and remaining garlic cloves in either a food processor or mortar and pestle. Scrape into a colander to drain out excess water. Mix remaining solids with yogurt and lemon juice, and season to taste with salt.
8. Serve warm chips with the dip. Enjoy!

What's your favorite healthier chip-n'-dip combo? Share with us in the comments below!



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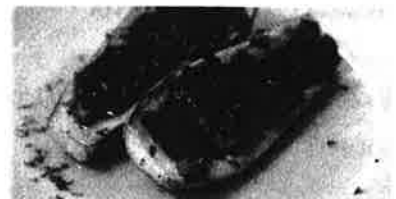
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