



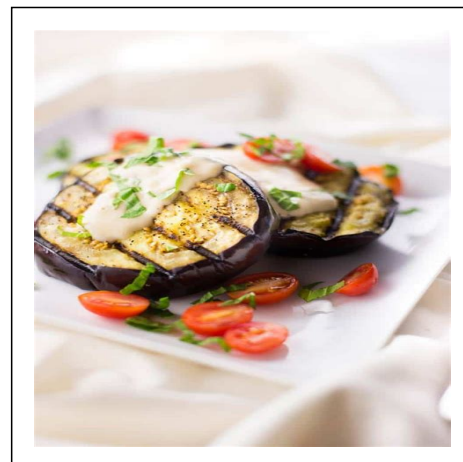
Recipe Name: Grilled Eggplant With Tahini and Yogurt Dip Recipe

Diet Type:

Course: Appetizer

Cuisine: Continental

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 2 Brinjal (Baingan / Eggplant)	4
• 1/2 cup Tzatziki	
• 1/2 cup Tahini	
• 12 to 15 Sun Dried Tomatoes - dipped in olive oil	
• 1 Pomegranate Sauce - recipe	
• 1 sprig Mint Leaves (Pudina)	
• Salt and Pepper	
• Extra Virgin Olive Oil - for cooking	

Preparation

- To begin making the Grilled Eggplant in Tahini & Yogurt Recipe, we will first have to roast the eggplants.
- I personally like to roast it on the pan, but you can roast them in the oven too.
- First, slice the eggplant lengthwise into 1/4-inch thick slices, sp.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	5	20	17	7	5