

Mediterranean inspired veggie-packed dips and spreads that are sure to be a hit!

Mediterranean Vegetable Spread

2-3 Cups

1 medium eggplant, washed and halved lengthwise
3 bell peppers, halved
2-3 Roma tomatoes, diced
2 cloves garlic, minced
3 tbsp fresh parsley or mint, chopped
3 tbsp olive oil
salt to taste



1. Preheat oven to 350F and bake eggplant and peppers skin-side up for 35 minutes or until blackened.
2. Transfer to a heatproof bowl. When cool enough to handle, remove skins.
3. Puree eggplant, peppers, tomatoes, and garlic in a food processor or blender until smooth. Slowly pour in the olive oil and process until well incorporated.
4. Transfer mixture to a large bowl and add chopped parsley or mint, mixing well. Season to taste with salt. Serve at room temperature with breads, scrambled eggs, or grilled meats. Refrigerate leftovers.

Greek 7-Layer Dip

4 Cups

8 oz hummus
1 tomato, diced
½ cup diced cucumber
½ cup nonfat Greek yogurt
1/8 tsp salt
¼ tsp paprika
2 canned artichoke hearts, chopped
2 roasted red peppers (4 halves), diced
¼ cup crumbled feta cheese
2 tbsp flat-leaf parsley, minced
Kalamata olives, chopped (optional) for garnish



1. In an 8-by-8 square serving dish, spread the hummus evenly on the bottom. Layer the tomatoes and cucumbers over top.
2. Dollop the yogurt over the vegetables, then gently spread with a rubber spatula. Sprinkle the yogurt with salt and paprika.
3. On top of the yogurt, layer the artichoke hearts, roasted red peppers, and feta cheese. Sprinkle the parsley over the top and garnish with olives.
4. Serve with fresh vegetables or pita chips.

Roasted Red Pepper Baba Ghanoush

6-8 Servings

2 medium eggplant, washed
1 red onion, peeled
2 cloves garlic, minced
3 tbsp olive oil
½ tsp cayenne pepper
1 ½ tsp salt
½ tsp black pepper
2 tbsp lemon juice
2 tbsp tahini
3 tbsp fresh parsley, chopped



1. Preheat the oven to 400 degrees F.
2. Cut the eggplant, bell pepper, and onion into 1-inch cubes. Toss them in a large bowl with the garlic, olive oil, cayenne and salt and pepper. Spread them on a baking sheet.
3. Roast for 45 minutes, until the vegetables are lightly browned and soft, tossing once during cooking. Cool slightly.
4. Place the vegetables in a food processor, add the lemon juice and tahini, and pulse 3 or 4 times to blend. Taste for salt and pepper.
5. Transfer to a bowl and add the chopped parsley. Garnish with extra parsley.

Tzatziki

1 ½ Cups

1 cup Greek yogurt
3 cucumber, seeded, finely grated and drained
2 cloves garlic, minced
1 tsp lemon zest plus 1 tbsp fresh lemon juice
2 tbsp fresh dill, chopped
1 tsp olive oil
salt and pepper to taste



1. In a medium bowl, whisk together the yogurt, cucumber, garlic, lemon zest, lemon juice, and dill. Season with salt and pepper. Drizzle olive oil on top. Chill.
2. Enjoy with fresh vegetables or pita chips.

Sun-Dried Tomato Basil Hummus

4-6 Servings

- 1 (15oz) can chickpeas, drained, and liquid reserved
- 1/3 cup sun dried tomatoes in olive oil (about 8),
strained, plus more for garnish
- 2 tbsp olive oil from sun dried tomato jar
- 3 tbsp fresh lemon juice
- 2 tbsp tahini
- 1 large garlic clove
- 2 tbsp packed fresh basil ribs, plus more finely chopped for garnish
- ½ tsp salt, or to taste



1. Add chickpeas to food processor along with sun dried tomatoes, 2 tbsp oil from jar, lemon juice, tahini, garlic, and salt. Pulse for 1 minute then scrape down sides and bottom of jar and pulse for one minute longer.
2. Add 2 tbsp of liquid from chickpea can, then pulse 2-3 minutes longer, stopping and scraping down sides and bottom of processor once halfway through.
3. Add basil and pulse until just minced into hummus.
4. If desired, serve topped with more olive oil from sun dried tomato jar, fresh basil, and finely chopped sun dried tomatoes. Serve with fresh vegetables or pita chips.