

# Smoky Eggplant Puree with Pine Nuts + Urfa Pepper

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/eggplant-puree-turkish-recipe>

## Ingredients:

- 2 eggplants about 2 pounds, peeled and cut into 2-inch chunks
- 1 tablespoon salt
- 1/4 cup plain greek yogurt whole-milk
- 1 teaspoon salt smoked
- 1 teaspoon minced garlic finely, about 1 large clove
- 1 tablespoon lemon juice freshly squeezed, from 1/2 lemon
- 2 tablespoons extra virgin olive oil plus more for finishing
- 1/2 cup toasted pine nuts
- 2 teaspoons chilies Urfa, plus a pinch for garnish
- freshly ground pepper to taste

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 21 grams
3. Fat: 18 grams
4. Fiber: 10 grams
5. Protein: 6 grams
6. SaturatedFat: 2 grams
7. Sodium: 2370 milligrams
8. Sugar: 6 grams

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