

Kashke Bademjan (Persian Eggplant Dip)

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-eggplant-dip-recipe>

Ingredients:

- olive oil
- eggplant
- large yellow onion
- garlic cloves
- dried mint
- turmeric powder
- water
- saffron Bloomed
- kashk or yogurt
- walnuts
- salt
- pepper
- 1/4 cup olive oil
- 2 large eggplant or 4 smaller chinese eggplant peeled and thinly sliced vertically
- 1 large yellow onion thinly sliced
- 4 garlic cloves minced
- 2 tablespoons dried mint
- 1/4 teaspoon turmeric powder
- 1/4 cup water
- 1/2 tablespoon saffron bloomed, optional
- 1/2 cup kashk or yogurt depending on your preference, and more for serving
- chopped walnuts unchecked? top with, optional
- salt
- pepper

Nutrition:

1. Calories: 350 calories

2. Carbohydrate: 27 grams
 3. Fat: 27 grams
 4. Fiber: 12 grams
 5. Protein: 6 grams
 6. SaturatedFat: 3.5 grams
 7. Sodium: 400 milligrams
 8. Sugar: 7 grams
-

Thank you for visiting our website. Hope you enjoy Kashke Bademjan (Persian Eggplant Dip) above. You can see more 19 persian eggplant dip recipe You won't believe the taste! to get more great cooking ideas.