

# Marinated Roasted Vegetable Dip

*The Essential Appetizers Cookbook (1999)*  
*Whitecap Books*

## Servings: 8

*1 small eggplant, sliced*  
*2 zucchini, sliced*  
*3 red peppers*  
*1/2 cup extra virgin olive oil*  
*2 cloves garlic, sliced*  
*2 Roma tomatoes*  
*1 can (6-1/2 ounce) artichoke hearts, drained*  
*1/4 ounce fresh oregano leaves*  
*8 ounces ricotta cheese*  
*1 1/2 ounces black olives, pitted and sliced*

## Preparation Time: 55 minutes

### Cook Time: 50 minutes

Place the eggplant and zucchini in a colander over a bowl. Sprinkle generously with salt. Leave for 15 to 20 minutes.

Cut the red peppers into large flat pieces, removing the seeds and membrane. Cook, skin side up, under a hot grill until the skin is black and blistered. Cool in a plastic bag, then peel. Reserve about one-quarter of the peppers to use as a garnish. Place the rest in a large non-metallic bowl.

Place one-half of the olive oil in a bowl. Add one garlic clove and a pinch of salt. Mix. Rinse the eggplant and zucchini. Pat dry with paper towels. Place the eggplant on a nonstick or foil-lined tray. Brush with the garlic oil. Cook under a very hot grill for 4 to 6 minutes on each side, or until golden brown, brushing both sides with oil during the grilling. The eggplant will burn easily, so keep a close watch. Allow to cool while grilling the zucchini in the same way. Add both to the red pepper in the bowl.

Slice the tomatoes lengthways. Place on a nonstick or foil-lined baking tray. Brush with the garlic oil. Reduce the temperature slightly and grill for 10 to 15 minutes or until soft. Add to the bowl with the other vegetables.

Cut the artichokes into quarters. Add to the bowl. Mix in any remaining garlic oil along with the remaining olive oil. Stir in the oregano and remaining garlic. Cover with a tight-fitting lid or plastic wrap and refrigerate for at least two hours.

Drain the vegetables and place in a food processor. Add the ricotta. Process for 20 seconds or until smooth. Reserve a tablespoon of olives to garnish. Add the rest to the food processor. Mix in a couple of short bursts. Transfer to a non-metallic bowl. Cover with plastic wrap. Chill for at least two hours.

Skive the reserved roasted red pepper into fine strips and arrange over the top of the dip with the reserved olives.

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Per Serving (excluding unknown items): 221 Calories; 18g Fat (70.3% calories from fat); 5g Protein; 12g Carbohydrate; 4g Dietary Fiber; 14mg Cholesterol; 87mg Sodium. Exchanges: 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 3 1/2 Fat.

Appetizers

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	221	<b>Vitamin B6 (mg):</b>	.3mg
<b>% Calories from Fat:</b>	70.3%	<b>Vitamin B12 (mcg):</b>	.1mcg
<b>% Calories from Carbohydrates:</b>	20.3%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	9.4%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	18g	<b>Folacin (mcg):</b>	45mcg
<b>Saturated Fat (g):</b>	4g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	11g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	14mg	<b>% Refuse:</b>	n n%
<b>Carbohydrate (g):</b>	12g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	4g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	5g	<b>Lean Meat:</b>	1/2
<b>Sodium (mg):</b>	87mg	<b>Vegetable:</b>	2
<b>Potassium (mg):</b>	463mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	86mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	1mg	<b>Fat:</b>	3 1/2
<b>Zinc (mg):</b>	1mg	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	97mg		
<b>Vitamin A (i.u.):</b>	3129IU		
<b>Vitamin A (r.e.):</b>	340 1/2RE		

**Nutrition Facts**

Servings per Recipe: 8

**Amount Per Serving**

**Calories** 221 **Calories from Fat:** 156

**% Daily Values\***

<b>Total Fat</b> 18g	28%
Saturated Fat 4g	22%
<b>Cholesterol</b> 14mg	5%
<b>Sodium</b> 87mg	4%
<b>Total Carbohydrates</b> 12g	4%
Dietary Fiber 4g	16%

**Protein** 5g

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<b>Vitamin A</b>	63%
<b>Vitamin C</b>	162%
<b>Calcium</b>	9%
<b>Iron</b>	7%

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*\* Percent Daily Values are based on a 2000 calorie diet.*