

Melitzanosalata (Greek Eggplant Salad) and Why Eat Eggplants

Hands-on 15 minutes Overall 1 - 1.5 hour

Nutritional values (per serving): Total carbs: 12 g, Fiber: 6 g, **Net carbs: 6 g**, Protein: 2.1 g,

Fat: 9.4 g, Calories: 130 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (make 6 servings)

4 average eggplants / aubergines (1 kg / 2.2 lb)

1 large white onion, juiced (150g / 2.6 oz)

4 cloves garlic, mashed

juice from 1 lemon

handful chopped parsley

1/4 cup [extra virgin olive oil](#) (60 ml / 2 fl oz)

1/2 tsp salt (I used [pink Himalayan](#)) or to taste

Note: Since you will only use some of the onion (juiced), I counted only half of the carbs from it. When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

1. Preheat the oven to 175 °C/ 350 °F. Wash and dry the eggplants and place them on a baking sheet. **Do not cut or pierce them.** Place them in the oven and cook for 45-60 minutes. When done, the eggplants should be soft. An hour of cooking should be enough but if needed, cook for longer.
2. Meanwhile, peel and roughly chop the onion and place in a food processor.
3. Pulse until finely chopped.
4. Pour the olive oil into a bowl. Place the onion into a cheesecloth or fine-mesh sieve. Squeeze out the juices - as much as you can.
5. Discard the solids or keep them in the fridge for other uses (e.g. adding to meat stews).
6. Mix the olive oil, freshly squeezed onion and lemon juice, mashed garlic and finely chopped parsley.
7. When the eggplants are soft, remove from the oven and let them cool down. Cut the eggplants and scoop the flesh into a bowl. Using a fork, mash the eggplant flesh into desired consistency - do not blend.
8. Add the oil and herb mixture and stir in well. Season with salt and

enjoy! Serve immediately as a side with meat like [Pork skewers](#) or use as dip for vegetables and low-carb crackers like [Nut crackers](#) - both recipes can be found in my [apps](#) and [book](#).

Eggplants on a Low-carb Diet

If you want to get the best out of eggplants (aubergines in the UK), don't peel the skin off. It contains phytochemicals and the eggplant itself is full of antioxidants. Both protect cells from the effect of free-radical damage, therefore eating eggplant regularly can have anti-aging effect. This rich-coloured low-carb vegetable is also packed with fiber, which is good for sating your appetite. Make sure you include electrolytes (magnesium, sodium and potassium) to [avoid symptoms of keto-flu](#) common in low-carb diets. Potassium and magnesium are essential minerals and eggplants are a good source of both. Deficiency of potassium and magnesium may result in muscle weakness or cramping, fatigue, low blood pressure, headaches, depression, etc. It is therefore vital to include food rich in electrolytes in your everyday diet.

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