

Pumpkin and Eggplant Sticks with Creamy Roasted Tomato Dip

Recipe By *Renee Muller*



Cooking and Prep:  45
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Serves:  10

Contains:     

Preference: Dairy

Difficulty: Medium

Diet: Vegetarian, Pescetarian

Source: Whisk by Ami

Magazine

Ingredients (21)

Pumpkin and Eggplant Stix

- 1/2 medium-sized pumpkin or 1 butternut squash
- 1 firm eggplant
- 3 eggs
- 1 teaspoon salt plus 1/2 teaspoon salt
- 1 cup **Gefen Panko Breadcrumbs**
- 1 cup fresh bread crumbs or **Gefen Bread Crumbs**

- 1/4 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 2 tablespoons black sesame seeds (*optional*)
- oil for frying

Creamy Roasted Tomato Dip

- 2 tomatoes, cored and seeded, cut into quarters
 - 1/4 teaspoon salt
 - 1 teaspoon **Gefen Olive Oil**
 - 1/2 cup Tnuva Quark 95% soft cheese
 - 2 tablespoons sour cream
 - 2 tablespoons Parmesan cheese
 - 3 artichoke hearts
 - 1/4 teaspoon chili powder
 - 1/2 cup **Gefen Mayonnaise**
 - 2 cloves garlic, minced or 2 cubes **Gefen Frozen Garlic**
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Start Cooking

Prepare the Stix

1. Peel pumpkin and slice into sticks. They should be a little bit thicker than French fries. Slice eggplant into similarly sized sticks (do not peel).
2. In a medium-sized bowl, gently whip eggs with a fork. Add one teaspoon salt and whip until incorporated. Set aside.
3. In a second medium-sized bowl, combine panko crumbs, bread crumbs, seasoning and sesame seeds. Set aside.
4. Heat a large frying pan over medium heat. Once hot, add the oil. Working in batches, dredge

the sticks first in egg, then in the breadcrumb mixture, making sure to coat well. Gently fry on all sides, about four minutes per side. Serve immediately.

Prepare the Tomato Dip

Yield: 2 cups

1. Preheat oven to 350 degrees Fahrenheit. Place tomatoes on a baking sheet and sprinkle with salt and olive oil. Roast for 25-30 minutes. Let cool.
2. Transfer tomatoes to a blender and add soft cheese, sour cream, and Parmesan cheese. Pulse until smooth. Add artichokes, chili powder, mayonnaise, and garlic. Blend until smooth and creamy. Taste and adjust seasoning to your liking. Dip can be prepared in advance and refrigerated.