



## Grilled Eggplant and Yogourt Dip

*The Greek yogurt is a perfect choice for this dip thanks to its thick and creamy consistency.*

### Ingredients

1 eggplant (about 1 lb/450 g)

$\frac{3}{4}$  cup **Astro**<sup>®</sup> Original Plain Greek yogurt

1 clove garlic, minced

$1\frac{1}{2}$  tsp lemon juice

1 tsp olive oil

$\frac{1}{2}$  tsp salt

1 tbsp chopped fresh parsley



### Preparation

1. Pierce eggplant all over with a fork. Place on a greased grill over medium heat; close lid and grill, turning once, until charred and wrinkled and flesh is softened, about 20 minutes. Let stand until cool enough to handle.
2. Slice eggplant open and scoop flesh into a bowl, discarding skin. Mash and let drain in fine-mesh sieve for 20 minutes.
3. In a bowl, combine yogurt, eggplant, garlic, lemon juice, oil and salt.
4. Refrigerate for 1 hour before serving.

Garnish with parsley. **Makes  $1\frac{1}{2}$  cups.**



## Flank Steak with Yogourt Chipotle Spread

*Serve with lightly grilled tortillas for a fajita style meal.*

### Ingredients

1 lb (450 g) beef flank steak

¼ tsp each salt, pepper and ground cumin

### Sauce:

1 head garlic (unpeeled)

1 tsp olive oil

1 cup **Astro**® Original Plain Greek yogourt

½ cup chopped cilantro

¼ cup chopped green onion

1 tbsp finely minced chipotle pepper with juices

1 tsp sweet paprika

1 tsp granulated sugar

1 tsp each grated lime zest and juice

¼ tsp salt

Pinch ground cumin



### Preparation

1. Sauce: Cut one-quarter off top of garlic head; drizzle with oil and wrap in foil. Roast in 350°F (180°C) oven until soft, about 1 hour. Let cool. Squeeze flesh into a bowl.
2. Stir in yogourt, cilantro, green onion, chipotle, paprika, sugar, lime zest, lime juice, salt and cumin until combined.
3. Sprinkle steak with salt, pepper and cumin. Place on a greased grill over medium-high heat; close lid and grill, turning once, until medium rare, 8 to 10 minutes.
4. Transfer to a cutting board and tent with foil; let stand for 10 minutes before thinly slicing. Serve with the yogourt spread.



## Greek Yogourt Tiramisu

*The Greek yogurt is a lighter and delicious tart substitution for the mascarpone in this easy tiramisu.*

### Ingredients

- ¾ cup boiling water
- 3 tbsp coffee liqueur
- 1 tbsp instant espresso powder
- 1/3 cup granulated sugar, divided
- 1 cup whipping cream
- 2 egg yolks
- 1 tub (500 g) **Astro® Original** Plain Greek yogurt
- 20 giant ladyfingers (two 150 g pkgs)
- 1 oz (30 g) bittersweet chocolate

### Preparation

1. In a bowl, stir together boiling water, coffee liqueur, espresso powder and 1 tbsp of the sugar until sugar is dissolved. Let cool.
2. In another bowl, whip cream; set aside.
3. In a heatproof bowl over a saucepan of barely simmering water, use an electric mixer to beat egg yolks with remaining sugar until pale and thickened, about 3 minutes. Remove from heat.
4. Fold cream into egg mixture alternating with yogurt until smooth, making 3 additions of cream and 2 of yogurt. Set aside.
5. One at a time, dip half of the ladyfingers into coffee mixture; fit snugly into 8-inch (2-L)-square baking dish to cover bottom. Spread half of the yogurt mixture over





top. Repeat dipping and arranging remaining ladyfingers in opposite direction of first layer. Top with remaining yogourt mixture. Grate chocolate overtop.

6. Cover and refrigerate for 8 hours or for up to 24 hours before serving. **Makes 12 servings.**