

## BABA GHANOUSH



**SERVES: 12** (approx. ¼ cup each) Prep Time: 15 min. + 2 hrs. chilling time Cooking Time: 35 min.

CONTAINER EQUIVALENTS (per serving): 1 1½

*This delicious eggplant dip is traditionally served with toasted pita, but it works just as well with fresh veggies if you're trying to save your yellows! The key to a great Baba Ghanoush is to get the eggplant skins nice and charred, which lends the flesh a rich, smoky flavor. Our recipe calls for smoked paprika and cumin to really make it pop, and we like to wring the excess water from the cooked flesh to concentrate its flavor.*

- 4** medium eggplants (approx. 3.75 lbs.)
- 3 Tbsp.** tahini paste
- 3 cloves** garlic
- 2 Tbsp.** fresh lemon juice
- 1 tsp.** finely grated lemon peel (lemon zest)
- ¼ cup** fresh parsley
- 2 tsp.** ground smoked paprika
- ½ tsp.** ground cumin
- 1¼ tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground black pepper
- ¼ cup** extra-virgin olive oil

- 1.** Preheat oven to 500° F.
- 2.** Line a large bowl with cheesecloth (or paper towels). Set aside.
- 3.** Line large baking sheet with foil.
- 4.** Place eggplants on prepared baking sheet. Lightly coat with spray. Bake for 33 to 35 minutes, or until skin is charred and flesh is very tender to the core. Remove from oven. Wrap in foil and let rest until cool enough to handle.
- 5.** Cut eggplants in half, peel away skin and discard. Transfer flesh to prepared bowl. Gently wring out excess moisture.
- 6.** Place eggplant flesh, tahini, garlic, lemon juice, lemon peel, parsley, paprika, cumin, salt, and pepper in food processor; process until blended.
- 7.** With food processor running, slowly add oil in a slow steady stream. Process until fully emulsified.
- 8.** Refrigerate for 2 hours to cool and to let flavors meld.

### SPECIAL EQUIPMENT:

Cheesecloth  
Aluminum foil  
Olive oil cooking spray

### RECIPE NOTE:

Refrigerate leftovers in an airtight container for up to 4 to 5 days.

**NUTRITIONAL INFORMATION** (per serving): Calories: 103 Total Fat: 7 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 245 mg Carbohydrates: 11 g Fiber: 5 g Sugars: 6 g Protein: 2 g

Recipes containing the are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

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