

easy baba ganoush recipe



4.7 from 49 reviews

Author: [Suzy Karadsheh](#) Prep Time: 10 mins Cook Time: 40 mins Total Time: 50 minutes

Yield: serves 4 Diet: Vegetarian



DESCRIPTION

BEST Baba Ganoush recipe! Creamy, silky, flavor-packed eggplant dip with garlic, tahini and lemon or lime juice. Perfect served with homemade pita chips or warm pita along with other [mezze](#) favorites. Be sure to view the step photos and tips and watch the video above.

INGREDIENTS

SCALE

- 1 large eggplant
- [Greek extra virgin olive oil](#)
- 1 tbsp plain Greek yogurt (optional)
- 1 1/2 tbsp tahini paste (I used Soom tahini)
- 1 garlic clove
- 1 tbsp lime or lemon juice, more if you like
- Salt and pepper
- 1/2 tsp to 1 tsp cayenne pepper (eliminate if you prefer mild)
- 1/2 tsp [sumac](#), more for garnish
- Toasted pine nuts for garnish
- Parsley leaves for garnish

INSTRUCTIONS

1. Preheat the oven to 425 degrees F. Trim the top of the eggplant and cut in half, and using your knife, make a few slits in the skin.
2. Sprinkle the eggplant flesh with salt and let it sit for a few minutes to "sweat out" its bitterness, then dab dry.
3. Place the eggplant halves, flesh side down, on a lightly oiled baking sheet then drizzle with olive oil. Bake in the 425 degree F heated oven for 30-40 minutes or until the eggplant fully softens through. Remove from the oven and set aside to cool.
4. When the eggplant has cooled, scoop the flesh out and transfer to a colander. Let drain for 3 minutes.
5. Transfer eggplant flesh to the bowl of a food processor attached with a blade. Add the yogurt, tahini, garlic, lime juice, salt, pepper, sumac and cayenne. Pulse or run the food processor ever so briefly just until everything is blended (avoid over-blending).
6. Transfer the baba ganoush spread to a small bowl. Cover and refrigerate for an hour (if you don't have the time, try refrigerating for a few minutes to let the flavors meld and the baba ganoush thicken a bit.) Just before serving, top the baba ganoush with a sprinkle of sumac, olive oil, toasted pine nuts and parsley leaves. Enjoy with a side of warm pita bread.

NOTES

- **To grill eggplant instead:** If you would like to grill or smoke the eggplant instead of roasting, skip steps #1 and #2. Instead, place the whole eggplant over a gas burner turned on high (or an outdoor grill.) Using a pair of tongs, turn the eggplant every 5 minutes so until it is completely tender and the skin is well charred and flaky (about 15 to 20 minutes.) Don't worry if the eggplant deflates, it's supposed to. Remove from heat and let the eggplant cool, remove and discard charred skin, and follow the recipe from step #4 on.
- **Recipe Note:** For vegan version, simply omit Greek yogurt.
- **Recipe Note:** This recipe will serve 4 to 5 people, you can simply double it to serve a larger crowd.
- **Pro-Tip:** For best results, allow the baba ganoush to cool and thicken in the fridge for an hour or two before serving.

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...the eggplant to a bowl, add the remaining ingredients (making sure the garlic is minced fine), and mix everything until it is
until well-combined.

- **Pro-Tip for storing leftovers:** You can make this recipe ahead of time, refrigerate in an airtight container. It will keep well for 3 to 4 days or so. Some say homemade baba ganoush can last a good week or so if properly refrigerated, but honestly, we don't typically have much leftover.
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Keywords: Baba Ganoush, eggplant dip, babaganoush

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