

# SIMPLE BABA GANOUSH

Prep time	Cook time	Total time
15 mins	10 mins	25 mins

Simple five ingredient baba ganoush that doesn't require a grill or gas stove. This new method saves you time and energy and is JUST as delicious – if not more – than the original. Naturally vegan and gluten free.

Author: Minimalist Baker

Recipe type: Appetizer

Cuisine: Mediterranean

Serves: 4



## Ingredients

- 1 medium or 3/4 of a large eggplant
- 1 large clove garlic, grated or finely minced
- 1 lemon, juiced
- 2 Tbsp [Tahini](#)
- sea salt
- Optional: 2 Tbsp fresh cilantro, parsley or basil, chopped
- olive oil (for roasting)

## Instructions

1. Preheat oven to high broil (or medium if you have the ability) and position a rack at the top of the oven.
2. Slice your eggplant into 1/4 inch rounds and sprinkle with sea salt and place in a colander in the sink to drain any excess liquid. After 10 minutes, rinse slightly and then pat dry between two towels.
3. Arrange on a baking sheet and drizzle with olive oil and a pinch of sea salt. Roast for 5-10 minutes, turning once or twice, until the eggplant is softened and golden brown. Remove from pan, stack and wrap the rounds in foil to lock in moisture – wait 5 minutes.
4. Peel away most of the skin of the eggplant (a little is OK) and add flesh to a food processor. It should be soft and tender and the skin should come off easy.
5. Add lemon juice, garlic, tahini, a pinch of salt and mix until creamy. Add herbs last and pulse to incorporate. Taste and adjust seasonings as needed. I added a bit more tahini and another pinch of salt.
6. Serve with pita and/or pita chips and veggies. Will keep covered in the fridge for several days.

## Notes

\*Eggplant drying method adapted from [Pioneer Woman](#).

\*Recipe adapted from [Ellie Krieger](#)

## Nutrition Information

Serving size: 1/4 cup    Calories: 86    Fat: 6.3g    Saturated fat: .9g    Carbohydrates: 7g    Sugar: 2.4g  
Sodium: 56mg    Fiber: 4g    Protein: 2g

**Recipe by Minimalist Baker at <http://minimalistbaker.com/simple-baba-ganoush/>**