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easy baba ganoush recipe

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Author: [Suzy Karadsheh](#) Prep Time: 10 mins Cook Time: 40 minsTotal 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

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Keywords: *Baba Ganoush, eggplant dip, babaganoush*

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