

# Baba Ghanoush



A roasted eggplant dip or spread. Delicious served with pita or vegetables, alongside hummus or on its own!

**Prep:** 5 mins

**Cook:** 40 mins

**Additional:** 3 hrs

**Total:** 3 hrs 45 mins

**Servings:** 12

**Yield:** 1 1/2 cups



## Ingredients

1 eggplant  
¼ cup lemon juice  
¼ cup tahini  
2 tablespoons sesame seeds  
2 cloves garlic, minced  
salt and pepper to taste  
1 ½ tablespoons olive oil

## Directions

### Step 1

Preheat oven to 400 degrees F (200 degrees C). Lightly grease a baking sheet.

### Step 2

Place eggplant on baking sheet, and make holes in the skin with a fork. Roast it for 30 to 40 minutes, turning occasionally, or until soft. Remove from oven, and place into a large bowl of cold water. Remove from water, and peel skin off.

### Step 3

Place eggplant, lemon juice, tahini, sesame seeds, and garlic in an electric blender, and puree. Season with salt and pepper to taste. Transfer eggplant mixture to a medium size mixing bowl, and slowly mix in olive oil. Refrigerate for 3 hours before serving.

## Nutrition Facts

**Per Serving:** 66 calories; protein 1.6g; carbohydrates 4.6g; fat 5.2g; sodium 7mg.