

Baba Ghanoush

Makes 10 Servings – Serving Size: ½ cup

Ingredients:

2 Large Eggplants (about 2 LBS)
½ cup Tahini
½ cup Fresh Parsley - chopped
6 tablespoons Lemon Juice
2 Garlic Cloves - crushed into a paste
1 teaspoon Salt
Pinch Cayenne Pepper

Procedure:

Place eggplant on baking sheet, prick and bake in a preheated 350°F until soft inside, about 50 minutes. Cool, cut in half lengthwise, drain off excess liquid and loose seeds, scoop out the pulp and place in food processor. Add remainder of ingredients and blend until smooth and well mixed. Garnish with additional chopped parsley and serve with whole wheat pita or other whole wheat flat bread.

Nutritional Information per Serving:

Calories: 110	Sodium: 230mg	Sugars: 3g	Cholesterol: 0mg
Saturated Fat: 1g	Fiber: 3g	Protein: 4g	Carbohydrate: 10g

Chef Notes:

- I find it easier to bake the eggplants the day before, cool and refrigerated, then scoop out the pulp while cold.
- Optional to bake at a lower temperature for longer period of time if desired.