

THINGS TO KEEP IN MIND

We love a good dip and this one is no exception! Not only is it creamy and delicious but it's also full of good-for-you ingredients. It features roasted eggplant, which is a great source of fiber, and olive oil, which is chock full of heart healthy fat!

INGREDIENTS:

- 2 small to medium eggplants,* washed
- 2 medium cloves of garlic, minced
- 3 tbsp of lemon juice
- ¼ cup of tahini
- ⅓ cup of extra virgin olive oil, plus more for brushing the eggplant
- 2 tablespoons of chopped, fresh flat-leaf parsley, plus extra for garnish
- ¼ teaspoon of salt
- ¼ teaspoon of ground cumin
- Pinch of smoked paprika for garnish

*Aim to prepare the eggplant soon after you purchase because the longer they sit, the more bitter they become.



Baba ghanoush

Directions

1. Preheat the oven to 450 °F and place top rack in the upper third of the oven. Line a large rimmed baking sheet with parchment paper. Halve the eggplant lengthwise and brush the cut sides lightly with olive oil. Place them cut side down on the prepared baking sheet.
2. Roast the eggplant until the interior is very tender throughout and the skin is collapsing, about 35-40 minutes. Set the eggplant aside to cool for a few minutes. Flip the eggplants over and scoop out flesh with a large spoon. Discard the skin.
3. Place a mesh strainer over a mixing bowl, then transfer the flesh to the strainer and let rest for a few minutes. Shake and stir occasionally to remove as much moisture as possible.
4. Discard all of the eggplant drippings. Drain and wipe out the bowl and dump eggplant into bowl. Add garlic and lemon juice to eggplant and stir vigorously with a fork until the eggplant breaks down. Add the tahini to the bowl and stir until it's incorporated. While stirring, slowly drizzle in the olive oil. Continue stirring until the mixture is pale and creamy. Use your fork to break up any particularly long strips of eggplant.
5. Stir in the parsley, salt, and cumin. Add more lemon juice to taste.
6. Transfer the baba ghanoush to a serving bowl and lightly drizzle olive oil on top and sprinkle with parsley and smoked paprika.
7. Serve with wedges of pita bread, sliced vegetables, or any accompaniment of your choice!