

Starters, Sides, and Complements

Baba Ganoush (Roasted Eggplant Dip)

** Vegan, Gluten-Free*

This classic Middle Eastern dish is a great way to use up eggplant that is almost out the door. It works well as a sandwich spread and is a perfect appetizer dip.

You'll Need

- 1 large eggplant
- 1 clove garlic, crushed
- 1 teaspoon salt
- 1/4 cup Tahini (sesame seed paste)
- 2 tablespoons water
- 1/4 cup lemon juice
- Lemon wedges
- Parsley finely chopped
- 2 tablespoons olive oil, plus extra for drizzling



Directions

- Set oven to 375° F.
- Wash eggplant and remove stem. Pierce with a fork 4 - 6 times. Place in a baking dish and bake for 45 minutes or until tender.
- Remove from oven and run under cold water. Peel, then discard peel and mash up the inside and set aside.
- In serving bowl, combine garlic, salt, and Tahini.
- Gradually add water, olive oil, and lemon juice, beating well.
- Fold in mashed eggplant. Adjust flavors as needed.
- Garnish with lemon wedges, parsley, and a drizzle of olive oil. Serve as a dip with fresh vegetables (carrots, celery, radishes, red bell pepper, tomato, etc.) or pita bread.

Play with Your Food

- Roast the eggplant on the grill instead.
- Add more garlic.