



Baba Ghanoush (Smoky Eggplant Dip)

Total time: 30 minutes

Serves 6 people as a snack

Ingredients

2 large eggplants (2 pounds total)

1/3 cup tahini paste

1 lemon, juiced

2 cloves garlic, peeled

1 teaspoon sea salt

¼ teaspoon ground cumin

Optional

1 pinch black pepper

1 tablespoon extra virgin olive oil

Instructions

Line a pan with foil, move your oven rack to the top of the oven, and turn your broiler to high. Place whole eggplants in the pan and put the pan in the oven so that the eggplants are just a few inches from the heating element. Allow the eggplant skin to turn completely black and flaky on the first side (7-10 minutes), then carefully turn the eggplants over using tongs and char them on the other side (another 7-10 minutes). Once the eggplants are soft all the way through and charred on the outside, take them out of the oven and allow them to cool. When eggplants are cool enough to handle, remove stems and peel away as much of the skin as possible.

Add the eggplant flesh, tahini, lemon juice, garlic, salt, cumin, and pepper (optional) to a food processor (alternate method on back). Blend until smooth. Serve warm or cold with veggie sticks, pita chips, or crackers. Store in refrigerator.



Eggplant Superpowers

Super healthy heart! – high in cholesterol-lowering fiber

Super protection! – high in antioxidants that fight cancer

Super digestion! – high in fiber that keeps you full and helps stabilize blood sugar

Tips and Tricks

- Baba Ghanoush is a great make-ahead snack!
- Serve with cut carrots, sliced cucumber, celery sticks, or other favorite veggies for dipping.
- Extra virgin olive oil can be bought in bulk for a lower cost at Costco
- All of these ingredients can be found at Tamura's in Wai'anae

Alternate Cooking Method

If you don't have access to a food processor, dice and mash the eggplant and garlic separately with a knife, then mix with the remaining ingredients in a large bowl.