

Baba Ghannouj



Makes:

6 - 8 servings, 1 ½ cups (370g) total

Utensil:

11" Large Skillet with Cover

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Recipe:

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Recipe Description:

Baba Ghannouj, pronounced "Ba-ba-ga-noosh", is a popular and tasty Greek dip made from eggplant, which is low in saturated fat, sodium and cholesterol.

Directions:

1. Cut top stem off of eggplant and then cut eggplant in half lengthwise. Wash both halves of eggplant and leave very damp.
2. Place eggplant in skillet skin-side down. Cover and place heat on medium-low. Cook approximately 25 minutes or until eggplant is tender when stabbed with a fork.
3. Allow to cool. Scoop out the flesh with a large spoon and place into a food processor. Discard skin.
4. Add remaining ingredients into blender and pulse for about 2 minutes. Can be mashed by hand.
5. Place in serving bowl, garnish with parsley and serve with toasted pita bread.

Tips:

- Can be made 1-2 days in advance.
- Can substitute pita bread with flatbread or crackers.
- Makes a delicious sandwich spread.

Nutritional Information per

▼ Serving

Calories: 61
Total Fat: 5g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 0mg
Total 3g
Carbs:
Dietary Fiber: 1g
Sugar: 0g
Protein: 1g
