

Baba Ghannouj



Makes:

6 - 8 servings, 1 1/2 cups (370g) total

Utensil:

11" Large Skillet with Cover

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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.

1
berenjena grande
1-3
dientes de ajo, picados
60
mililitros
de jugo de limón
(1/4
taza)
60
gramos
de tahini (pasta de semillas de sésamo)
(4
cucharadas)
6
gramos
de sal
(1
cucharadita)
1

gramo
de pimienta negra
($\frac{1}{4}$
cucharadita)
10
mililitros
de aceite de oliva
(2
cucharaditas)

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 Carbs:

3g

Dietary Fiber:

1g

Sugar:

0g

Protein:

