



CULINARY LEARN AND SHARE

Baba Ganoush

Ingredients

2 large eggplant
3 tablespoons (35 mL) tahini
Juice of 1 lemon
3 cloves garlic, minced
Pinch of chili powder
1 tablespoon (15 mL) olive oil

Garnish:

¼ cup (60 mL) parsley or cilantro

Directions

Prick the eggplants 6-8 times with a fork all over and char them over an open flame on the gas stove, under the oven broiler, or on the grill. The skins should blacken and smell smoky.

Transfer eggplant to a baking pan lined with parchment paper or aluminum foil and bake at 500 degrees F (260°C) for 20 minutes until completely softened.

Cool.

Scoop flesh out of charred skins and put into a food processor or blender. Discard skins.

Puree until smooth. Add the rest of the ingredients except garnish herbs and puree. Taste and adjust seasoning for salt and pepper or more lemon juice if needed.

Before serving drizzle with olive oil and parsley or cilantro.

Traditionally served with pita bread. This recipe can be made up to 3 days in advance of serving.

* It's a healthy pairing with carrots and cucumber sticks, crackers, left-over baguette, or tortillas on a shoestring budget.



Recipe Source: [Elijah's Promise](#)



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