

Baba Ganoush

Mediterranean · Appetizer · Easy · 45 min total · Serves 6

Smoky Middle Eastern roasted eggplant dip with tahini, lemon, and garlic — the silky cousin of hummus.

Ingredients

- 2 large eggplants
- 3 tbsp tahini
- 2 tbsp lemon juice (fresh)
- 2 cloves garlic (minced)
- 2 tbsp olive oil (for garnish)
- 2 tbsp parsley (chopped)
- 0.5 tsp salt
- 2 tbsp pomegranate seeds (optional garnish)

Method

1. Pierce eggplants and roast at 450F or over open flame until skin is charred and flesh is completely soft, about 30 min.
2. Scoop out flesh into colander, drain 10 min.
3. Mash eggplant (or pulse lightly — do not purée). Mix with tahini, lemon juice, garlic, salt.
4. Spread on plate, create well. Drizzle with olive oil. Garnish with parsley and pomegranate seeds. Serve with pita.

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