



Baba Ganoush



This time of year, eggplants show up at farmers markets and CSA boxes with regularity. This beautiful and healthy vegetable has an incredible texture when roasted and can be a great addition to salads. When you've tried all you know to do with this seasonal treat, try baba ganoush – a delightful spread similar to hummus but with the creamy texture of roasted eggplant. This recipe is simple and only takes a few minutes!

INGREDIENTS

1 Eggplant, sliced in ¼ inch discs

Juice from 1 Lemon

Garlic

Olive Oil

Tahini

Salt

DIRECTIONS

1. Set your oven on high broil and move the oven rack to the highest setting.
2. Sprinkle eggplant with salt and let drain in the sink for 10 minutes. (adding salt pulls the moisture out)
3. Rinse the eggplant and pat dry with towels.
4. Put the eggplant on a baking sheet, drizzle with olive oil and a pinch of salt. Broil for 5-10 minutes flipping once or twice. The eggplant is done when fork tender and golden brown.
5. Peel as much skin off as possible.
6. Add eggplant, lemon juice, garlic, and tahini to food processor and blend until creamy. Adjust salt and tahini to taste.

