

# Baba Ganoush



## INGREDIENTS:

2 lbs eggplants  
2 cloves garlic, minced  
2 Tbsp lemon juice  
¼ cup tahini  
⅓ cup olive oil, plus more  
for brushing the vegetable  
2 Tbsp parsley, chopped  
¾ tsp salt  
¼ tsp cumin

## INSTRUCTIONS:

1. Preheat oven to 450 degrees Fahrenheit with a rack in the upper third of your oven. Line a baking sheet with parchment paper.
2. Halve eggplants lengthwise. Brush lightly with olive oil. Place cut side down on the baking sheet.
3. Roast the eggplants for about 40 minutes. Set aside to cool, then scoop out the flesh with a spoon. Discard skin. Place eggplant in a strainer and let moisture drain. You may need to squeeze excess moisture out.
4. Place the eggplant into a bowl, add garlic and lemon juice, and stir with a fork until it breaks down. Add the tahini and slowly drizzle in the oil. Stir in the rest of the ingredients, and keep stirring until the mixture is creamy. You can also do this step with a blender or food processor.
5. Enjoy!

