

BABA GHANOUSH

UNIVERSITY OF
MARYLAND
EXTENSION



Ingredients:

- 2 Eggplants (approx. 12 oz ea.)
- 1 Tbsp. Lemon Juice, plus extra for seasoning
- 2 Garlic Cloves, minced to paste
- 1 Tsp. Salt
- ¼ Cup Tahini
- ¼ Cup Extra Virgin Olive Oil
- 1 Tbsp. Chopped Fresh Parsley

Instructions:

1. Adjust your oven rack about 8 inches below the broiler and heat broiler. Line a baking sheet with aluminum foil.
2. Poke each eggplant with a paring knife a few times. Place eggplants on baking sheets and broil for 20 minutes. Remove from oven, flip eggplants and then broil for another 10 minutes. (skin should be charred)
3. Transfer eggplants to a plate and let cool completely, about 30 minutes.
4. While eggplants cool, combine lemon juice, garlic and salt in medium bowl and let sit.
5. Cut eggplants open and scoop out flesh, discard skin. Chop eggplants up and transfer to the bowl with lemon juice.
6. Add tahini and 2 Tbsp. oil to mixture and whisk to combine. Let sit for 20 minutes, stirring occasionally.
7. Season with extra lemon juice and salt to taste. Spread baba ghanoush in shallow bowl and drizzle with remaining 2 Tbsps oil. Sprinkle with parsley and serve.



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