

# Mediterranean Eggplant Dip (Baba Ganoush)

- This dip is traditionally served with pita bread, but can also be served with crackers or sliced veggies. You can also spread it on sandwiches in place of mayo.
- Tahini is similar to peanut butter, but it's made from sesame seeds. You can make your own in a blender or food processor by blending sesame seeds and a little olive oil until smooth.
- The key to tasty eggplant is sweating it with salt to remove water and some of the bitterness before cooking.
- Eggplant is done when the flesh is very tender and the skin is soft. Undercooked eggplant will have a spongy, rubbery texture.

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1/3 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 25mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 353mg	<b>8%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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Servings: 4      Prep Time: 45 minutes

## Ingredients:

- 1 large eggplant
- 1 large clove of garlic, minced
- 1–2 Tablespoons lemon juice
- 2 Tablespoons tahini or olive oil
- 1/8 teaspoon salt
- Cooking spray

## Directions:

1. Slice off ends at the top and bottom of eggplant and discard. Cut into 1/4 inch thick round slices.
2. Sprinkle salt on both sides of each slice. Place slices in a colander in the sink or a large bowl for about 10–20 minutes. The salt will draw some of the liquid out of the eggplant and you will see water drops start to form.
3. Adjust the rack to the top of the oven and pre-heat oven to 500° or high broil.
4. Rinse the eggplant thoroughly under running water. Pat each slice dry with a paper towel. Coat a baking sheet with non stick cooking spray, and place slices in a single layer. Spray the tops of the slices with cooking spray. Bake for 8–10 minutes on each side, or until each side is golden with some charred sections.
5. Remove from oven and place eggplant in a bowl. Cover the bowl with an air-tight lid or aluminum foil for 10 minutes.
6. Cut off the skins and place the flesh of the eggplant into a blender or food processor along with all other ingredients. Blend until smooth. Chill until ready to serve.