

EGGPLANT!



BABA GHANOIJ

Yield: 2½ Cups

Recipe created by Recipe for Success

INGREDIENTS

2	large eggplants
3 tablespoons	grape seed oil
3	garlic cloves
5 tablespoons	tahini (sesame paste)
⅓ cup	lemon juice
to taste	salt and white pepper
1 teaspoon	ground cumin
2-3 tablespoons	water, as needed
2 tablespoons	cilantro
4	pita bread rounds

(recipe continued on other side)



COOKING TIP

Eggplant is a versatile vegetable with a fairly neutral flavor. Try incorporating it into stir-fries, roasted vegetables mixes, braised dishes, stews, or soups for extra servings of vegetables.

EGGPLANT HAS A POWERFUL ANTIOXIDANT THAT PROTECTS BRAIN CELLS FROM DAMAGE BY FREE RADICALS. FREE RADICALS ARE HARMFUL SUBSTANCES IN OUR BODIES. EGGPLANT HAS BEEN SHOWN TO IMPROVE MEMORY AND DECREASE AGE RELATED MENTAL PROBLEMS.

BABA GHANOUJ CONTINUED

ROAST EGGPLANTS

Preheat oven to 400°F.

Peel the eggplants. Cut eggplant into 1-inch cubes. Place cubes on a sheet pan.

Roast cubes in the oven until they are slightly browned. Remove eggplant from pan. Set aside.

MAKE THE DIP

Finely mince the garlic.

Heat grape seed oil in a small skillet. Sauté garlic in the oil for 45 seconds.

Remove from heat.

Place eggplant in a food processor. Coarsely puree the eggplant.

Add the tahini, lemon juice, and garlic to the food processor. Process just until blended.

Add salt and pepper to taste.

If it is too thick, add 1 tablespoon of water. Add lemon juice as needed. Place in a bowl.

PREPARE GARNISH

Heat a small skillet. Place pine nuts in the skillet. Cook, stirring, 1 minute or until lightly golden.

Finely chop cilantro.

Garnish with pine nuts and cilantro.

Serve with pita bread.

