



kitchen collage

430 E. LOCUST STREET | DES MOINES, IA 50309 | (515) 270-2802

Baba Ganoush

Makes about 2 cups

Baba Ganoush elevates eggplant into a smoky, creamy delight! We love how easily this dip comes together. Simply roast a few eggplants, then blend the silky pulp together with tahini and a few other flavor makers for a rich and decadent dip.

Ingredients:

2 large eggplants, cut in half lengthwise
1/4 cup tahini
2 tablespoons lemon juice
2 cloves garlic, finely minced
2 tablespoons olive oil
2 teaspoons Kosher salt
1/4 teaspoon cumin
1/8 teaspoon chili powder

Optional Garnishes:

Drizzle of olive oil
sesame seeds
fresh parsley
pomegranate arils

Directions:

1. Preheat the oven to 450 degrees F.
2. Line a baking sheet with parchment paper, and place eggplants face down on the baking sheet. Roast for 30-35 minutes, or until the eggplant is fork tender. For a blackened and smoky finish, switch to broil and broil until the skin is slightly charred. Tip: Turn on your oven vent, this process can get smoky!
3. Let the roasted eggplant cool, then scoop out the softened flesh with a spoon.
4. In a large food processor, blend together the eggplant pulp with the tahini, lemon juice, garlic, olive oil, and spices. Adjust seasonings to taste.
5. Garnish with a drizzle of olive oil, sesame seeds, parsley, or pomegranate arils.