

Baba Ganoush

Ingredients

- 2 Eggplants (2-2 1/2 pounds total)
- 1/4 c Tahini
- 2 T Olive Oil
- 2 T Lemon Juice
- 2 clv Garlic (minced)
- 1/2 t Salt
- 2 t Parsley (chopped)

Instructions

1. Turn your stovetop to medium-high heat and place your eggplants above the flames. Use tongs to rotate the eggplant every 3-4 minutes. Roast for about 15 minutes, until the skin is deeply charred and the eggplant starts to deflate. Place the eggplants in a large bowl and cover with plastic wrap. Allow them to steam and cool for 15 minutes.
2. Cut the eggplants in half lengthwise and scoop out the flesh onto a cutting board. Roughly chop the eggplants and add the chopped eggplants to a large mixing bowl and use a fork to mash it up.
3. Once it becomes a nice chunky consistency, add in the tahini, lemon juice, olive oil, garlic, salt, and parsley. Give everything a good stir with until it's well combined.

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4. Transfer the final baba ganoush into a small bowl and garnish with extra chopped parsley and a drizzle of olive oil.