

Baba Ganoush (GF,CF)

1 medium eggplant (approximately 12 oz)
¼ cup lemon juice
1 cup tahini
1 to 2 garlic cloves, or garlic powder
Ground rock salt (optional)
1 tablespoon olive oil
¼ cup minced fresh parsley
Parsley sprigs

This tahini eggplant dip is a deliciously savory mixture with a light, creamy consistency.

Preheat oven to 400°F. Pierce the eggplant in several places with a fork and place in a shallow baking dish. Cover loosely with a tent of foil and bake for 40 minutes or until tender and slightly imploded. Remove skin while it is still hot, and trim away ends if they have remained firm. Chop the flesh until fine or puree in a blender or food processor. Blend in most of the lemon juice and gradually add the tahini. Crush the garlic and add, beat well, then add remaining lemon juice and salt to taste, if desired, beat in olive oil and minced parsley. Place in a shallow bowl and garnish with parsley sprigs.

NOTE: If preparing ahead of time, store in a sealed container in refrigerator. Bring to room temperature before serving