



Greenmarket Recipe Series

Baba Ghanoush

Ingredients:

- *1 Large Eggplant
- *1/3 Cup Plain Yogurt
- *3 Garlic Cloves
- 1/3 Cup Tahini (aka Sesame Paste)
- Juice From Half a Lemon
- Salt & Pepper
- Extra Virgin Olive Oil (EVOO)
- *available seasonally at your neighborhood Greenmarket*

Instructions:

Preheat oven to 400 degrees. Cut ends off of eggplant and slice lengthwise. Brush eggplants halves with olive oil and bake cut side down on a baking sheet for 25 minutes or until very soft. The cut side of the eggplant will turn dark and the inside will turn to pulp. Remove eggplant from heat and allow to cool. Grind the garlic cloves in a food processor. Add tahini, yogurt and the insides of the eggplant halves (discarding skins) and blend until smooth. Season with salt, pepper and lemon juice to taste.

Serving Options:

Baba ghanoush is a great dipping appetizer alongside pita wedges or cucumber slices. It also serves as a healthy substitute for mayonnaise on sandwiches. For extra flavor serve with calamata olives, parsley or hot pepper slices.

Makes 1.5 Cups