

Baba Ganoush

PREP TIME:
5 mins

COOK TIME:
25 mins

TOTAL TIME:
30 mins

COURSE: Appetizer, Dip, Side Dish
CUISINE: Israeli, Middle Eastern

This is the The Best Baba Ganoush recipe, a smoky Middle Eastern eggplant dip made with charred eggplant, tahini, lemon juice, and olive oil.

Ingredients

- 2 pounds eggplant (2 medium or 1 large)
- 3 tablespoons tahini paste (check label for GF)
- 2 tbsp lemon juice
- 2 tbsp extra virgin olive oil
- 2 teaspoons kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1 small garlic clove (minced fine)

Instructions

1. Pierce the eggplant all over with a knife. Char the eggplant on the grill or in the broiler. If charbroiling, place eggplant on a foil-lined baking sheet under the broiler.
2. For the grill and broiler, cook for 20-25 minutes, turning every 5 minutes, until the eggplant is charred and blackened.
3. Let the eggplant cool. Then scoop the charred eggplant out of its skin and finely dice by hand or in a food processor. Discard the skin.
4. In a medium bowl, whisk together the tahini, lemon juice, olive oil, salt, pepper, and garlic.
5. Finely chop the eggplant, stir it into the tahini mixture, and season with more salt to taste.
6. Chill for at least one hour to let the flavors meld.

Serving: 1/4 cup, Calories: 140kcal, Carbohydrates: 15.5g, Protein: 2.5g, Fat: 9g, Saturated Fat: 1g, Sodium: 743.5mg, Fiber: 4.5g, Sugar: 5g

WW Points Plus: 5



YIELD: 6 servings



4.60 from 10 votes