Baba Ganoush

INGREDIENTS

1 large eggplant
Juice of 1 lemon
1 clove garlic
¼ cup garbanzo beans (chickpeas)
¼ teaspoon salt or 2 tablespoons tahini
Black pepper to taste

PEAK SEASON

July – October
DIRECTIONS

1. Wash eggplant but do not peel. Poke several holes in the skin with a fork or knife.

2. Roast eggplant over hot coals on a grill OR in the oven at 375°. Cook until the eggplant is completely softened.

3. Eggplant skin will be dark and the eggplant will seem mushy. Let cool.

4. Slice in half and scoop flesh into blender, food processor or bowl.

5. Puree with garlic, lemon juice, garbanzo beans, salt and pepper.

Makes 4 servings

Per serving: 76 calories, 1gm fat, 15gm carbohydrate, 4gm protein, 5gm fiber