



Cooking in the Kitchen at Olums

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*Delicious Recipes
that are Easy & Nutritious*
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Baba Ganoush

Serves 4-6

Ingredients

- 1 large eggplant, cut into round 1/4" slices
- 3 tsp. olive oil
- 2 Tbsp. lemon juice
- 1 Tbsp. sesame tahini
- 2 tsp. minced garlic
- salt

Directions:

1. Preheat oven for 425°F. Cut eggplant slices and lay them flat on baking sheet.
2. Sprinkle with salt. Let eggplant sit for 10 minutes then pat dry with paper towel to remove water.
3. Drizzle lightly with olive oil. Roast at 425° for 10 minutes until light golden brown and tender.
4. Let cool slightly. Remove skins and put eggplant into food processor.
5. Add lemon juice, tahini, garlic, and a pinch of salt. Blend until mixture is smooth.
6. Serve with fresh vegetables or pita chips to dip.

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