

Aubergine Hummus – Baba ghanoush

Makes 1 1/2 Cups

Ingredients

1 Aubergine
1/4 cup lemon juice
1/4 cup tahini
2 tablespoons sesame seeds
2 cloves garlic, minced
salt and pepper to taste
1 1/2 tablespoons olive oil



Method

Preheat oven to 400 degrees F (200 degrees C). Lightly grease a baking sheet. Place eggplant on baking sheet, and make holes in the skin with a fork. Roast it for 30 to 40 minutes, turning occasionally, or until soft. Remove from oven, and place into a large bowl of cold water. Remove from water, and peel skin off. Place eggplant, lemon juice, tahini, sesame seeds, and garlic in an electric blender, and puree. Season with salt and pepper to taste. Transfer eggplant mixture to a medium size mixing bowl, and slowly mix in olive oil. Refrigerate for 3 hours before serving.

Nutrition

Calories 66 kcal, Carbohydrates 4.6 g, Cholesterol 0 mg, Fat 5.2 g, Fiber 2.2 g, Protein 1.6 g