

Simple Baba Ghanoush (Roasted Eggplant Dip)

Prep Time: 10 minutes **Cook Time:** 25 minutes **Total Time:** 35 minutes

Course: Appetizer/Main Dish **Cuisine:** Mediterranean, Middle Eastern

Servings: 2 serving **Calories:** 342kcal **Keyword:** dip, eggplant



This Baba Ghanoush recipe is made with eggplant and a perfect blend of lemon juice, tahini, olive oil, garlic, and spices. Similar to hummus, this small batch roasted eggplant dip is easy to make and incredibly delicious. This recipe will yield between one-half to three-quarters of a cup. It's the perfect amount for one or two people.

Ingredients

1 1-pound eggplant	1/2 tablespoon lemon juice
4 tablespoons olive oil , divided plus 1/4 teaspoon for garnish	2 tablespoons tahini
1/2 teaspoon kosher salt , divided	1/8 teaspoon ground cumin
1/4 teaspoon crushed black pepper	1 tablespoon chopped parsley
1 clove garlic1 clove garlic	pinch smoked paprika (optional), for garnish

Instructions

Heat oven to 425° F (220° C).

While the oven is heating, peel the eggplant and cut into 1-inch cubes. Place eggplant cubes on a large baking sheet.

Drizzle 1 tablespoon of olive oil, 1/4 teaspoon of salt, and the black pepper over the eggplant cubes and mix so that all of the eggplant is coated with oil.

Place baking sheet in the oven and bake for 25-30 minutes, until eggplant is tender.

Remove eggplant from the oven and when the roasted eggplant cubes are cool enough to handle, transfer to a food processor or a blender.

Add the peeled garlic clove, lemon juice, tahini, 1/4 teaspoon salt, cumin, and the remainder of the olive oil to the food processor and pulse until well blended. (You may find that you need to add an additional tablespoon of olive oil to achieve the desired consistency).

Add the parsley and pulse a few more times.

Pour the Baba Ghanoush into a small bowl and drizzle about 1/4 of a teaspoon of olive oil over the top and sprinkle with a pinch of smoked paprika. Serve immediately or place in the refrigerator until ready to eat.

Serve with naan, pita bread, or raw vegetables.

Store in a covered container in the refrigerator for up to five days.

Baba Ghanoush is both vegan and gluten free