



Baba Ganouj

From the Moosewood Cookbook

Serves 6

2 medium-small eggplants
Juice of one good-sized lemon
½ cup sesame tahini
3 medium cloves garlic, crushed
½ cup finely chopped parsley
¼ cup finely minced scallions (optional)
Fresh black pepper
1 tablespoon olive oil (optional)

- Prick eggplants with a fork. Bake, grill or microwave until very soft.
- When cool enough to handle, scoop out flesh and mash.
- Add all other ingredients except olive oil.
- Chill mixture until ready to serve. If using olive oil, drizzle over the top just before serving.

Nutritional Information (made without olive oil):

Calories: 166.0	Sodium: 31.4mg
Total fat: 11.1g	Carbohydrates: 15.3g
Saturated fat: 1.6g	Dietary Fiber: 6.0g
Cholesterol: 0.0mg	Protein: 5.3g