



Charred Eggplant Baba Ganoush

Ingredients:

- 2 lbs. eggplants (about 3 small-to-medium eggplants)
- 2 cloves of garlic, pressed or minced
- 2 Tablespoons lemon juice
- ¼ cup tahini
- ⅓ cup extra-virgin olive oil, plus more for brushing the eggplant
- 2 Tablespoons parsley, chopped
- ¾ teaspoon salt, to taste
- ¼ teaspoon ground cumin
- Pinch of smoked paprika, for garnish

Instructions:

1. Turn your stovetop to medium-high heat and place your eggplants above the flames. (Tip: You can also do this on the grill!) Use tongs to rotate the eggplant every 3-4 minutes. Roast for about 15 minutes, until the skin is deeply charred and the eggplant starts to deflate.
2. Place the eggplants in a large bowl and cover with plastic wrap. Allow them to steam and cool for 15 minutes, so that excess liquid can be removed.
3. Cut the eggplants in half lengthwise and scoop out the flesh onto a cutting board. Roughly chop the eggplants to break apart the stringy bits.
4. Add the chopped eggplants to a large mixing bowl and use a fork to mash it up. Once it becomes a chunky consistency, add in the tahini, lemon juice, olive oil, garlic, salt, and parsley. Give everything a good stir until well combined.
5. Transfer the final baba ganoush into a small serving bowl and garnish with extra chopped parsley and a drizzle of olive oil.

Serves 4!

Serving Suggestions: *warmed or toasted pita wedges, carrot sticks, bell pepper strips, cucumber slices, etc.*