

Frugal -Baba Ganoush



Serving: 4



Cook Time: 55 mins



Level: Easy



INGREDIENTS

- 2 eggplant
- 1/2 bulb roasted garlic
- 1 fresh lemon
- 3 Tbsp tahini
- 1/2 tsp paprika
- salt to taste

PREPARATION

1. Preheat your oven to 400°F. Place the whole eggplants on a baking sheet and prick all over with a fork (this allows the steam to escape while they roasts. Place the eggplant in the oven and roast for 45 minutes or until the skin is all wrinkled up and the flesh is very soft. You can roast the garlic at the same time if you choose to use roasted as opposed to fresh. Instructions for roasted garlic are here.
2. Once the eggplant are done roasting, slice them length wise and scrape the soft flesh into a bowl. Add the garlic, tahini, juice of the lemon, salt and paprika to the eggplant and either mash up with a fork, mortar and pestle or blend in a food processor or blender. Taste the mixture and adjust to your preferences.
3. Serve with pita bread cut into triangles and/or vegetable crudites!