



## Baba Ganoush

4 Servings • 1 Serving = 1/2 Cup

### INGREDIENTS

- 1 large eggplant
- 1 Tablespoon tahini
- 4 garlic cloves, smashed
- Juice of 1 lemon
- 1/2 teaspoon red pepper flakes
- 1 Tablespoon olive oil
- 1/4 cup chopped fresh parsley

### DIRECTIONS

1. Preheat oven to 400°F. Arrange oven racks so you have one low and one high in the oven.
2. Cut a shallow slit along the side of the eggplant and place into a baking dish.
3. Roast in preheated oven on the lower rack until the eggplant is completely shrunken and soft, about 40 minutes. Move dish to higher rack and continue baking until the skin is charred, about 5 more minutes. Let eggplant cool until cool enough to handle.
4. Peel and discard skin from eggplant. Put eggplant into a bowl; add tahini, garlic, lemon juice, and red pepper flakes. Stir until ingredients are evenly mixed. Drizzle with olive oil and garnish with parsley.

### Nutrition Facts

4 servings per container

**Serving size** 1/2 cup

Amount per serving

**Calories** 90

% Daily Value\*

**Total Fat** 6g 8%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 5mg 0%

**Total Carbohydrate** 10g 4%

Dietary Fiber 4g 14%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein** 2g

Vitamin D 0mcg 0%

Calcium 27mg 2%

Iron 1mg 6%

Potassium 329mg 8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by the San Antonio Food Bank



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