

BEYOND HUNGER

BABAGHANOJ – EGGPLANT DIP

Babaghanouj is a Levantine appetizer dip and is also served as a breakfast dish. It's easy to prepare, delightfully tasty, and very nutritious. It's high in fiber and vitamin C, which may improve digestion and offer cancer-fighting properties. Research showed that the compounds that give eggplants their unique purplish color may even help prevent osteoporosis.

Yield: 4 servings

Serving Size: 1 portion

Ingredients:

- 2 large **eggplants**
- ½ tsp **salt**
- 3 tbsp **olive oil**
- 2 tbsp of **yogurt**
- 2 **garlic cloves**, grated
- 1 tbsp of **lemon juice** or the juice of half of a **lemon**
- ½ tsp **cumin**
- **parsley**, chopped, for garnish

Instructions:

1. Cut the eggplants into halves. Poke the halves with a fork. Drizzle ½ tbsp of olive oil on each half, then sprinkle each half with salt.
2. Place on a baking sheet and roast the eggplant at 350° for 30 minutes.
3. Once they are cooled, scoop out the flesh using a spoon.
4. Crush the eggplant using a fork or chop it with a knife, then place the crushed eggplant in a medium bowl.
5. Add the olive oil, yogurt, garlic cloves, lemon juice, and cumin to the crushed eggplant, and stir to combine all ingredients.
6. Garnish with parsley and drizzle with extra olive oil.
7. Serve with whole-grain flatbread (or pita), spread it on toast, or use it as a dip for chips.

Per Serving: Calories 152, Carbohydrates, 12g, Protein 2g, Saturated Fat 1g, Sodium 584 mg, Fiber 6g, Sugars 7g

This recipe was adapted from <https://foodaciously.com/recipe/baba-ganoush-without-tahini>

