

# EGGPLANT



## *Baba Ganoush*

### INGREDIENTS

- 1 large eggplant
- Juice of 1 lemon
- 1 clove garlic
- ¼ cup garbanzo beans (chickpeas)
- ¼ teaspoon salt or 2 tablespoons tahini
- Black pepper to taste

PEAK SEASON

*July – October*

## DIRECTIONS

- 1** Wash eggplant but do not peel. Poke several holes in the skin with a fork or knife.
- 2** Roast eggplant over hot coals on a grill OR in the oven at 375°. Cook until the eggplant is completely softened.
- 3** Eggplant skin will be dark and the eggplant will seem mushy. Let cool.
- 4** Slice in half and scoop flesh into blender, food processor or bowl.
- 5** Puree with garlic, lemon juice, garbanzo beans, salt and pepper.

*Makes 4 servings*

*Per serving: 76 calories, 1gm fat, 15gm carbohydrate, 4gm protein, 5gm fiber*

*Recipe provided by  
Henry Ford Health System  
Generation with Promise*

