



# Baba Ganoush

## Ingredients:

- 1 roasted globe eggplant (or 4 ichiban eggplant)
- 1 tablespoon tahini
- 1 tablespoon lemon juice
- 1 clove garlic
- 1/4 teaspoon salt
- 2 tablespoons olive oil

## Directions:

1. Preheat oven to 400 degrees F. Lightly grease a baking sheet.
2. Place eggplant on baking sheet, and poke holes in the skin with a fork. Roast eggplant for 30 to 40 minutes, turning occasionally. Remove from oven and let cool.
3. Cut eggplant into a few large pieces and place into food processor. Add the tahini, lemon juice, garlic, salt and olive oil. Blend until smooth.

**Serves 6**

**Makes about 1 ½ cups**

<b>Nutrition Facts</b>			
Serving Size 0.25 cup(s) (31g)			
Amount Per Serving			
<b>Calories</b>	61	<b>Calories from Fat</b>	53
% Daily Value			
<b>Total Fat</b>	5.9g		9 %
Saturated Fat	0.8g		4 %
Trans Fat	0.0g		
<b>Cholesterol</b>	0.0mg		0 %
<b>Sodium</b>	98.4mg		4 %
<b>Total Carbohydrate</b>	2.0g		1 %
Dietary Fiber	0.8g		3 %
Sugars	0.6g		
<b>Protein</b>	0.7g		
Vitamin A	0 %	Calcium	1 %
Vitamin C	3 %	Iron	1 %



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