



BABA GHANOUSH

2 pounds eggplant (2 medium or 1 large, whole and unpeeled)
¼ cup tahini (sesame paste)
¼ cup fresh lemon juice
1 large clove garlic, crushed
¼ cup minced onion
Salt & freshly ground black pepper to taste
1 tablespoon olive oil
2 tablespoons minced fresh parsley

Prick eggplant in several places with a fork, place it on a baking sheet, and broil* it in a preheated oven for about 20 minutes, turning several times so the skin can char on all sides. Let eggplant cool.

When eggplant is cool enough to handle, cut in half and scrape flesh into a bowl; discard the skin, and mash eggplant with tahini, lemon juice, garlic, onion, salt and pepper. Before serving, sprinkle with oil and minced parsley, and serve with toasted pita bread wedges or crackers. Scrumptious, and very similar to hummus!

*If you don't want to broil, it may be cooked on the grill, in a slow cooker, or baked when you have the oven on. I have even had success microwaving the eggplants, pricked as above, and cooked 4-6 minutes, each, or until tender.

This eggplant-tahini spread is adapted from Jane Brody's "Good Food Book."