

## Baba Ganoush

Take your dips to a whole new level with this silky, creamy, authentic eggplant dip. Baba ganoush pairs nicely with pita, whole grain crackers, fresh veggies, and alongside a hearty salad. Did you know eggplant is a rich source of fiber, manganese (a natural antioxidant), potassium, folate, and Vitamin C?! Enjoy.

### Ingredients:

- 1 large Eggplant
- 2 tsp Extra virgin olive oil
- 1 tbsp Plain Greek yogurt, non-fat
- 1 ½ tbsp Tahini paste
- 1 clove Garlic, minced
- 1 tbsp Lime juice
- 1 tsp Cayenne pepper
- 1 tsp Sumac (I buy [Sumac from Amazon](#). It is tricky to find.)

### Directions:

1. Preheat the oven to 425 degrees F. Line a pan with aluminum foil and spray with cooking spray.
2. Cut the top off the eggplant then cut in half. Cut a few slits in the eggplant skin. Sprinkle with salt and allow to sit. After 10 minutes, dap the eggplant dry.
3. Place the eggplant facing down on the greased pan. Then drizzle with the 2 tsp olive oil. Cook for 30-40 minutes or until the eggplant is thoroughly softened. Take out of the oven and let cool.
4. Scoop out flesh of the eggplant into a food processor. Add the remaining ingredients into the food processor as well. Pulse until smooth and creamy.
5. Top with a little extra sumac for presentation and taste. Enjoy!

Servings: 4  
 Serving size: ¼ of recipe (197 g)

Baba Ganoush		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	110.4 kcal	6 %
<b>Total Fat</b>	<b>6.2 g</b>	<b>9 %</b>
Saturated Fat	1 g	5 %
Trans Fat	0 g	
<b>Cholesterol</b>	<b>0.2 mg</b>	<b>0 %</b>
<b>Sodium</b>	<b>19.4 mg</b>	<b>1 %</b>
<b>Total Carbohydrate</b>	<b>12.9 g</b>	<b>4 %</b>
Dietary Fiber	5.7 g	23 %
Sugars	6.6 g	
<b>Protein</b>	<b>3.4 g</b>	<b>7 %</b>
Vitamin A	5 %	• Vitamin C 13 %
Calcium	4 %	• Iron 7 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full info at <a href="http://cronometer.com">cronometer.com</a>		</>