BABA GANOUSH*

Yield: 18 Portions

Ingredient	Amounts	
Eggplants, large, approximately 2 lbs.	9	ea.
Tahini	9	Tbsp.
Garlic, minced	9	ea.
Lemon juice	12	Tbsp
Salt	1 ½	tsp. or as needed
Black pepper, ground	1 ½	tsp. or as needed
Tabasco	1 ½	tsp. or as needed
Extra-virgin olive oil	1 1/3	cup

Method
1. *If Using a Gas Burner or Grill:* Preheat a griddle or grill to medium high heat.
2. Pierce the eggplant in 4 – 6 places with a fork.
3. Place the eggplant on the grill and char the eggplant on all sides until they are very tender and have lost about half of their original size. Approximately 30 – 40 minutes. Wrap the eggplant in foil and let rest for 15 minutes.
4. *If Using the Broiler or Oven:* Preheat a 450°F oven or turn on the broiler. Pierce the eggplant in 4 – 6 places with a fork. Place the eggplant on a foil lined baking sheet and roast in the oven until the eggplant is very tender and is soft throughout. Remove from oven and cool. For the broiler, place the eggplant on a rack 6" below the broiler and broil, turning occasionally until the eggplant is very tender. Gather up the edges of the foil and crimp around the eggplant to form a sealed package. Let sit for 15 minutes.
5. After 15 minutes, use a knife to cut the eggplant in half, scoop out the flesh and place in a strainer to drain. Remove any charred skin.
6. Combine the eggplant with the remaining ingredients in a food processor and process until smooth. Adjust seasoning with salt, pepper, and tabasco as needed.

Nutrition Information (per portion/serving)
Calories: 200/Protein: 3 g/Carbohydrate: 12 g/Fiber: 4.5 g / Carbohydrate to fiber ratio: 2.5
Saturated fat: 2.5 g/Polyunsaturated fat: 3 g/Monounsaturated fat: 11 g
Trans fat: 0 g/Sodium: 100 mg / Potassium: 400 mg / Added sugar: 0 g

*This recipe meets 6 of 7 HKHL Recipe Nutrition Goals for a side dish.