Classic Baba Ganoush

Baba ganoush is a classic, smoky Middle Eastern dip that transforms humble eggplant into a creamy, flavorful dip or spread. Roasted to perfection and blended with tahini, lemon juice, garlic, and just the right amount of seasoning, this dish offers a delightful mix of tangy, earthy, and savory notes. Enjoy with pita or fresh vegetables. Although olive oil is a traditional addition, it can be omitted for an oil-free version. When roasting garlic, a little olive oil is traditionally drizzled on the garlic, but this is optional. A head of garlic, also known as a bulb, is the entire cluster of garlic. It is made up of multiple segments of garlic cloves.

Ingredients:

1 large globe eggplant

1 head of garlic

3 tablespoons tahini

3 tablespoons fresh lemon juice

1 tablespoon extra virgin olive oil (optional)

A pinch of smoked paprika

A pinch of cumin

Salt and pepper, to taste

Fresh parsley or cilantro, chopped, for garnish (optional)

Seeds, for garnish (optional)

Instructions:

1. **Roast the Eggplant and Garlic:** Preheat your oven to 400° F (375 F for convection). Cut the top bit off the garlic. Cover the garlic with tin foil. Cut the eggplant in half, lengthwise, and place cut side down on a cookie sheet lined with a silicone mat or parchment paper. Roast the garlic and eggplant for 45 minutes.
2. **Cool and Scoop the Eggplant:** Allow the eggplant to cool slightly. Then, scoop out the soft flesh and place it in a bowl.
3. **Squeeze Garlic Out:** Unwrap garlic, cool, and squeeze roasted garlic out of the skin.

4. **Mix the Dressing:** Mash the roasted garlic, tahini, lemon juice, olive oil (if using), smoked paprika, cumin, salt, and pepper together in a small bowl. Add the dressing to the eggplant and stir well.
5. **Finish:** Sprinkle with smoked paprika, and garnish with fresh parsley. Serve with whole-grain pita and raw veggies.

