SIMPLE BABA GANOUSH

This recipe is from Minimalist Baker

INGREDIENTS

1 medium eggplant (or ¾ large eggplant)
sea salt
olive oil (for roasting)
1 large clove garlic (grated or finely minced)
2-3 Tbsp lemon juice (1 medium lemon yields ~3 Tbsp juice)
2 Tbsp tahini
2 Tbsp fresh cilantro, parsley, or basil, chopped (optional)

METHOD

Preheat oven to high broil (or medium if you have the ability) and position a rack at the top of the oven.

Slice your eggplant into ¼ inch rounds and sprinkle with sea salt and place in a colander in the sink to drain any excess liquid. After 10 minutes, rinse slightly and then pat dry between two towels.

Arrange on a baking sheet and drizzle with olive oil and a pinch of sea salt. Roast for 5-10 minutes, turning once or twice, until the eggplant is softened and golden brown. Remove from pan, stack and wrap the rounds in foil to lock in moisture – wait 5 minutes.

Peel away most of the skin of the eggplant (a little is OK) and add flesh to a food processor. It should be soft and tender and the skin should come off easy.

Add lemon juice, garlic, tahini, a pinch of salt and mix until creamy. Add herbs last and pulse to incorporate. Taste and adjust seasonings as needed. You may add a bit more tahini and another pinch of salt.

Serve with pita and/or pita chips or veggies (for gluten-free friendly option). Will keep covered in the fridge for several days.