



Baba Ganoush

This recipe uses items you may already have in your fridge.

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Take a break from the same old hummus and try this smoky, hearty dip. Baba ganoush is extremely easy to make, and, with the possible exception of eggplant, the ingredients for this recipe are probably already in your fridge.

servings: 6 / ingredients: 9 / prep: 10 minutes

Ingredients

- 3 medium Italian eggplants
- 2 cloves of garlic, peeled and crushed
- ½ teaspoon sea salt
- 2 heaping tablespoons of tahini, unsweetened peanut butter or almond butter
- ½ cup low-fat Greek yogurt
- Juice from ½ lemon (optional)
- 1 teaspoon lemon zest
- Fresh parsley, chopped for garnish (optional)
- Smoked paprika, for garnish (optional)

Directions

1. Heat the grill. (See Chef Tips, if you are not grilling.)
2. Grill the eggplants until they are soft and their skins are charred and blackened. Let cool slightly. Cut them in half and scoop out the flesh into a bowl. Set aside. Discard the skins.
3. Chop the garlic and the salt together until they form a paste.
4. Place all the cooked eggplant onto the cutting board and chop it. Toss the chopped eggplant in a bowl or food processor, and add the tahini and yogurt. Chop or blend until creamy. Fold in the lemon juice if using.
5. Fold in the lemon zest and pour the mixture into a bowl. Leave covered in the fridge for 30 minutes

to let the flavors blend. Serve with baked pita chips.

Chef Tips

If you're not grilling, then you can simply bake the eggplant. For steps 1 and 2: Preheat the oven to 400°F. Prick the eggplants and lay them on a baking sheet. Bake for 40 minutes and let cool slightly. Cut the eggplants in half and scoop out the insides into a bowl. Set aside. Discard the skins. Continue on to step 3.

If possible, always use organic lemons when zesting because their skin is pesticide- and wax-free. When using conventional lemons, wash the skins thoroughly before you start work.

Nutrition Facts (per serving)

Calories: 123; fat: 4 g; saturated fat: 1 g; polyunsaturated fat: 1 g; monounsaturated fat: 2 g; carbohydrates: 19 g; sugar: 11 g; fiber: 9 g; protein: 7 g; sodium: 173 mg

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