



Healthy Recipes for Healthy Living

Dr. Reina Persaud, ND

Baba Ganoush



- 1 1/2 lb Eggplant
- 3 tablespoons Lemon juice
- 1 teaspoon Salt
- 2 teaspoons Minced fresh Garlic
- 3 tablespoons Sesame Tahini — (optional:
substitute yogurt or sour cream)
- 1/4 cup Chopped Parsley
- 1/2 cup Toasted Pine Nuts
- 2 tablespoons Olive oil

Preheat oven to 400 degrees F°. Prick eggplant all over with a fork. Bake whole until tender (about 30 minutes). Remove from oven, halve and scoop out the flesh.

Blend in a food processor with the lemon juice until smooth. Mash the salt and garlic together and combine with the eggplant, along with the tahini. Cool and stir in the parsley and pine nuts. Before serving, drizzle with the olive oil. Serve as a dip with tortilla chips or triangles of flat (pita) bread.