



Baba Ghanoush (Eggplant Dip)

Ingredients:

- 2 medium eggplants
- Olive oil
- 2 tbsp. lemon juice
- 5 gloves garlic, roasted and minced
- 1 tsp. onion powder
- ¼ tsp. cumin
- ½ tsp. fresh parsley, chopped

Directions:

1. Preheat your oven to 400 degrees Fahrenheit.
2. Slice the eggplants in half and pierce with a fork all around.
3. Place your halved eggplants on a baking sheet, drizzle some olive oil over them and roast for about 45 minutes until soft.
4. Once the eggplants are soft, take them out of the oven and allow them to cool, about 10 minutes. Scoop out the inside of the eggplant into a food processor or blender, discarding the skin.
5. Process or blend the eggplant with the rest of the ingredients until smooth. You may also mash the ingredients together with a fork for a chunkier texture.
6. Enjoy!

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