

BABA GANOUSH SPREAD & DIP

Les épiciennes, Montréal

5 jars (250 grams)		15 jars (250 grams)	20 jars (250 grams)
2	Eggplants, medium-size	6	8
½ can	Chick peas	1½ cans	3 cans
½ cup	Tahini	1½ cup	3 cups
4 cloves	Chopped garlic	12 cloves	16 cloves
½ bunch	Chopped parsley	1½ bunches	3 bunches
1	Juice from large lemon	3	4
3	Onions	9	12
1 tsp.	Pepper	3 tsp.	4 tsp.
1 tbsp.	Extra virgin olive oil	3 tbsp.	4 tbsp.

- Preheat oven to 400°F.
- Cut off eggplant ends and make notches in skin in several places.
- Place whole eggplants on cookie tray and put in oven 45 minutes or until eggplants are tender.
- Remove eggplants from oven and let cool down.
- Remove skin from eggplant.
- Place skin in food processor add all ingredients.
- Mix well, until texture is smooth and uniform.
- Place in refrigerator or freezer.

Use mixture as sandwich spread, veggie dip, or on appetizers.

Cost per portion: \$0.75 for 250 grams (\$2.99 in grocery store)

Did you know that...

The eggplant comes originally from India and has been eaten in Asia for over 2,500 years. The most common variety in both North American and Europe is the long dark purple eggplant. The skin should be removed from large eggplants before cooking to extract bitterness. The eggplant is indispensable in ratatouille, baba ganoush and moussaka dishes. Eggplants are a good source of potassium.