



# Recipes

## Dips

### Baba Ghanoush

*Prep and Cook Time: 60 minutes*

*Yield: 2 cups*

#### **Ingredients:**

- 1 small garlic bulb
- 3 tablespoons extra virgin olive oil
- 1 large eggplant
- ½ teaspoon freshly squeezed lemon juice
- 2 tablespoons pumpkin seeds, coarsely chopped
- 1/4 cup chopped fresh cilantro
- 2 tablespoons extra virgin olive oil
- 3 tablespoons fresh lemon juice
- Salt and black pepper to taste

#### **Directions:**

1. Preheat oven to broil. Place garlic bulb in the center of a piece of foil. Drizzle with 1 tablespoon of the oil. Fold edges over top of bulb to create a seal.
2. Place in oven and broil for forty minutes. Cut off top and bottom of eggplant and discard. Slice eggplant lengthwise into four equal pieces. Brush both sides of the pieces with the remaining 2 tablespoons of olive oil. Broil for thirty minutes. Turn four times.
3. Remove eggplant and garlic from oven and set aside. When cool, remove skin from eggplant and discard. Place flesh in a food processors. Press garlic from bulb, discarding skin. Add garlic pulp to food processor. Puree until smooth. Add lemon juice and puree again for fifteen seconds. Place in a serving bowl and serve warm or cold.
4. Enjoy!!