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Recipes
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Baba Ganoush

- 1 large eggplant
- 1/4 cup tahini, more as needed
- 3 garlic cloves, minced
- 1/4 cup fresh lemon juice
- 1 pinch ground cumin
- salt to taste
- 1 tbs extra virgin olive oil
- 1 tbs fresh parsley

Serving size: 6

1. Prick eggplant with a fork in several places
2. Over medium to hot flame, grill eggplant for 10-15 minutes turning frequently until skin blackens and blisters and flesh just begins to feel soft
3. Place eggplant onto a baking sheet and place in oven (preheated to 375 F)
4. Continue baking in oven for approximately 15-20 minutes or until eggplant is very soft
5. Remove from oven and allow to cool slightly as to be safely handled with bare hands.
6. Peel skin off and discard.; place eggplant flesh into a mixing bowl
7. Using a fork, mash eggplant flesh into a paste like consistency
8. Add tahini, garlic, lemon juice and cumin into bowl and thoroughly mix together with eggplant
9. Add salt to taste
10. Transfer mixture to a serving bowl; use the back of a spoon to form a shallow well
10. Drizzle olive oil and parsley over top.
11. Serve at room temperature

Recipe idea from food.com

