


# Baba Ganouj ( Baba Ghanoush )

Food

By Linda Sundbye on August 11, 1999

8 Reviews

 **Prep Time:** 35 mins **Total Time:** 1 1/2 hrs min **Serves:** 0

## About This Recipe

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## Ingredients

- \* 2-3 medium eggplants
- \* 1/2 cup lemon juice
- \* 1/2 cup tahini
- \* 3-4 garlic cloves
- \* 1/2 teaspoon salt
- \* 1/2 cup parsley
- \* 1/4 teaspoon black pepper
- \* 1/4 cup scallions
- \* 2 tablespoons olive oil

## Directions

1. Preheat oven to 400°F.
2. Pierce the eggplants several times with fork.
3. Place on lightly oiled baking sheet and bake 40–45 minutes until completely soft. Cool.
4. Scoop out the insides and puree in food processor.
5. Add all remaining ingredients except olive oil and scallions.
6. Cool.
7. Top with olive oil and scallions before serving.
8. Serve with pita bread, Greek olives and tomatoes.

baba ganouj ( baba ghanoush ) print

10/2/2010

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (134g)		<b>Total Fat 67.7g</b>	<b>104%</b>
Servings Per Recipe: 1		Saturated Fat 9.5g	47%
<b>Amount Per Serving</b>	<b>% Daily Value</b>	Cholesterol 0.0mg	0%
<b>Calories 1006.8</b>		Sodium 1261.9mg	52%
Calories from Fat 609	60%	<b>Total Carbohydrate 96.6g</b>	<b>32%</b>
		Dietary Fiber 46.5g	186%
		<b>Protein 27.2%</b>	<b>54%</b>

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