

BABA GHANOUSH

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From Gail Haas

1 eggplant
½ tsp. Salt
2 cloves garlic chopped fine
Juice of 1 lemon
2-3 Tbsp. tahini paste (sesame seed paste)
2 Tbsp. water

I put the eggplant on my outside grill and cook it until soft. You can also bake it at 350° for about ½ to ¾ of an hour until soft. Let it cool, peel and mash.

Add the salt and garlic, mix.

Add the tahini, mix then add lemon and water.

This is good at room temperature.

Instead of eggplant, use mashed (1 large can) chickpeas and add a bit more water.

Hummus!