

Baba Ganoush (Eggplant Dip)

Servings: 4

Serving Size: 1/3 cup

Ingredients:

- 1 medium eggplant
- 2 Tablespoons lemon juice
- 3 garlic cloves, chopped
- 1/4 teaspoon salt
- 1/2 teaspoon cumin
- 1 teaspoon parsley flakes
- 1 teaspoon onion powder
- 2 teaspoons olive oil

Directions:

1. Preheat oven to 400° F.
2. Wash eggplant and pat dry. Cut eggplant in half lengthwise.
3. Score inside of the eggplant flesh.
4. Spray both flesh and baking sheet with non-stick cooking spray.
5. Place eggplant flesh side down on baking sheet and bake for 40 to 45 minutes until golden brown.
6. Once eggplant has cooled off, take a large spoon and scoop out the flesh into a food processor or blender. Discard the skins.
7. Add the remaining ingredients to the food processor cover and puree until smooth, about 1-2 minutes.
8. Put into a bowl and chill until ready to serve.

Serve with whole wheat pita bread or cut up vegetables.

Nutrition Facts	
Serving Size about 1/3 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 60	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 1g	
Vitamin A 0%	Vitamin C 10%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	