

Recipe of the Month – September 2021

Baba Ganoush

Serves 6

Serving Size: 1/3 cup

Cost per Serving: \$0.71

Ingredients:

- 1 medium eggplant (*about 1 pound*)
- ½ teaspoon plus 1 Tablespoon oil (*canola or olive*)
- 1 garlic clove, minced
- 2 Tablespoons lemon juice
- ½ cup tomato sauce or roasted red peppers
- ¼ teaspoon salt
- 1 cup canned chickpeas (*drained and rinsed*)



Directions:

1. Preheat oven to 425° F.
2. Wash eggplant. Prick five to six times with a fork and rub with the ½ teaspoon oil. Place on a baking sheet.
3. Bake about 20 minutes or until tender.
4. Place the eggplant in the refrigerator. Let rest for 10 minutes or until cool to the touch.
5. Place the 1 Tablespoon oil, garlic, lemon juice, tomato sauce or roasted red peppers, salt and chickpeas in a blender. Blend until smooth.
6. Remove the stem and skin from the eggplant. Add to the blender and blend until smooth.
7. Store in an airtight container in the refrigerator.
8. Serve warm or chilled. Wrap in a tortilla or pita, or use as a dip for sliced vegetables or crackers.

Tips:

- It is not necessary to remove all the skin from the eggplant.
- Roasted red peppers can be found at the store in a jar.

Nutrition Facts per Serving: 80 calories, 3.5g total Fat (0g sat. fat), 0mg. Cholesterol, 250mg Sodium, 12g Carbohydrates, 4g Fiber, 4g Sugar, 3g Protein

*Recipe compliments of Iowa State University Extension and Outreach:
Healthy & Homemade 2021 Nutrition & Fitness Calendar*



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