



Baba Ghanoush

PREP TIME

25 min

TOTAL TIME

60 min

Nutrition Information Per Serving

Makes 6 servings

FAT

4g

PROTEIN

2g

CARBS

8g

CALORIES

73

Ingredients

1½ Tbsp lemon juice

1½ Tbsp tahini

1 clove garlic

½ tsp salt

1 Tbsp olive oil

5 basil leaves

1 lb sliced chard stems

1 eggplant

Instructions

1. Preheat oven to 450°F
2. Slice eggplant into 1/4" rounds, place them in a colander, and sprinkle them with salt. After 10 minutes, rinse rounds and pat them dry with paper towels.
3. Arrange the rounds on a baking sheet, drizzle with olive oil, and roast for 5-10 minutes until golden brown. Slices can be flipped if needed.
4. Let cool before peeling and transferring flesh to a blender.
5. Add lemon juice, tahini, garlic, salt, and basil leaves. Blend.
6. Serve with sliced chard stems.