



Baba Ganoush



Recipe by Karina

Ingredients



- 1 medium Eggplant
- 1 Tbsp. cumin
- 2 Tbsp. Tahini
- Juice of 1 lemon
- 1 tsp. paprika
- 2 Tbsp. garlic
- ¼ cup Olive Oil
- Enough salt to rub on Eggplant slices
- Dash of Black Pepper

Yield: 8 servings
Serving Size: 1/4 Cup



Directions



1. Wash the eggplant and cut into 1/2 inch round slices. Rub coarse salt on both sides of the eggplant slices and set in the sink to drain excess liquid for 20 minutes. Preheat oven to broil. Then rinse off slices and dry thoroughly with a tea towel.
2. Lightly coat slices in olive oil and broil for 5 minutes, and the flip slices over and broil the other side for 5 minutes until slightly charred. Let cool until you can comfortably peel off the purple skin of the eggplant and place white insides into a blender or food processor.
3. Add the rest of the ingredients plus as much water as desired for consistency and mix together.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Baba Ganoush



Recipe by Karina

Ingredients



- 1 medium Eggplant
- 1 Tbsp. cumin
- 2 Tbsp. Tahini
- Juice of 1 lemon
- 1 tsp. paprika
- 2 Tbsp. garlic
- ¼ cup Olive Oil
- Enough salt to rub on Eggplant slices
- Dash of Black Pepper

Yield: 8 servings
Serving Size: 1/4 Cup



Directions



1. Wash the eggplant and cut into 1/2 inch round slices. Rub coarse salt on both sides of the eggplant slices and set in the sink to drain excess liquid for 20 minutes. Preheat oven to broil. Then rinse off slices and dry thoroughly with a tea towel.
2. Lightly coat slices in olive oil and broil for 5 minutes, and the flip slices over and broil the other side for 5 minutes until slightly charred. Let cool until you can comfortably peel off the purple skin of the eggplant and place white insides into a blender or food processor.
3. Add the rest of the ingredients plus as much water as desired for consistency and mix together.

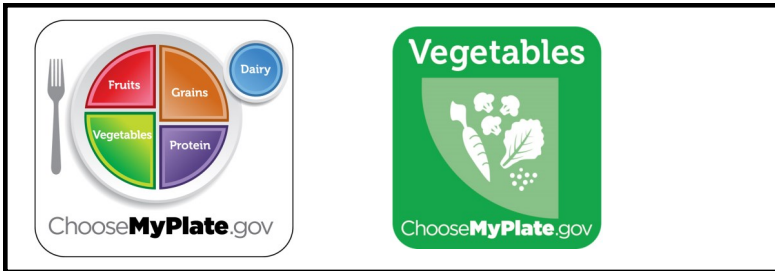
Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Fast Facts



Featured Food Groups



Cooking Tips

- Use peanut butter as a substitute for Tahini if preferred.
- Drizzle some of the olive oil and sprinkle paprika on top for presentation.
- Add coriander or parsley for extra flavor.

Nutrition Facts



Nutrition Facts	
8 servings per container	
Serving size	1/4 Cup
Amount Per Serving	
Calories	110
<small>% Daily Value*</small>	
Total Fat 9g	12%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 6g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 7g	3%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 36mg	2%
Iron 1mg	6%
Potassium 211mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

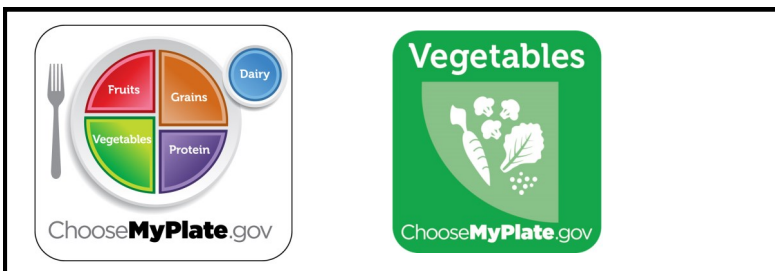
Second Harvest is an equal opportunity provider.



Fast Facts



Featured Food Groups



Cooking Tips

- Use peanut butter as a substitute for Tahini if preferred.
- Drizzle some of the olive oil and sprinkle paprika on top for presentation.
- Add coriander or parsley for extra flavor.

Nutrition Facts



Nutrition Facts	
8 servings per container	
Serving size	1/4 Cup
Amount Per Serving	
Calories	110
<small>% Daily Value*</small>	
Total Fat 9g	12%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 6g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 7g	3%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 36mg	2%
Iron 1mg	6%
Potassium 211mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Second Harvest is an equal opportunity provider.