



Baba Ganoush

Adapted from a New York Times recipe by market volunteer Alice Phillips.

Serves 4

Ingredients

2 lb. eggplant, preferably smaller ones*
1/4 c. fresh lemon juice (or more to taste)
1/4 c. sesame tahini (stir if oil has separated)
1-2 Tb plain low fat yogurt as needed
2 garlic cloves cut in half*
salt to taste

**Available from such vendors as 22 Oaks Garden, Broadfork Farm, Bundy Heirloom Farm, Byrd Farm, Crumpton Farm, FJ Medina and Sons, and G. Flores Produce*

Directions

For the smokiest flavor, grill the eggplant. But you can also roast under the broiler in your oven. Pierce the eggplants in several places and cook at high heat until charred and softened. The larger the eggplant, the longer this takes, up to 20 minutes.

Place the cooked eggplant in a colander in the sink and let cool and drain. Then peel off the skins and cut the stems, again putting the fruit back in the colander to drain another 15-30 minutes.

Puree the eggplant in a food processor with the lemon, tahini and yogurt. Mash or crush the garlic halves with a generous pinch of salt and add into the processor. Continue to add salt and lemon to taste.

Spoon into a serving bowl and garnish with extra virgin olive oil and chopped parsley if desired. Serve with pita, crackers, or raw vegetables.