

Baba Ghanoush Dip

Food Network Magazine

*5 medium (2-1/2 pounds total)
whole eggplants
1/4 cup olive oil
3 tablespoons tahini
3 tablespoons chopped parsley
juice of 1/2 to one lemon
salt (to taste)*

Preheat the oven to 450 degrees.

Place the eggplants in a roasting pan.

Bake until charred and very tender, about 20 minutes. Let cool. Then halve the eggplants. Scrape the flesh into a colander. Let drain.

In a food processor, puree' the flesh with olive oil, tahini, parsley and lemon juice.

Season with salt.

Per Serving (excluding unknown items): 1345 Calories; 82g Fat (50.7% calories from fat); 31g Protein; 149g Carbohydrate; 62g Dietary Fiber; 0mg Cholesterol; 127mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 27 1/2 Vegetable; 15 Fat.