

FREE SAMPLE RECIPE · HAWKINC KITCHEN

Roasted Eggplant Baba Ganoush

Roasted eggplant blended with chickpeas, lemon and garlic into a silky dip. 80 calories and 4 g fiber.

Makes 6 servings | Serving: 1/3 cup | About $0.71 per serving | 10 min + 30 min | 80 calories · 4 g fiber

Ingredients

- 1 medium eggplant (about 1 pound)
- 1/2 teaspoon plus 1 tablespoon oil (canola or olive)
- 1 garlic clove, minced
- 2 tablespoons lemon juice
- 1/2 cup tomato sauce or roasted red peppers
- 1/4 teaspoon salt
- 1 cup canned chickpeas (drained and rinsed) or 1 1/2 cup cooked dry beans

Method

1. Heat the oven to 425°F. Prick the eggplant 5-6 times with a fork, rub with 1/2 teaspoon oil and bake on a sheet 20 minutes, until tender.
2. Chill the eggplant about 10 minutes, until cool enough to handle.
3. Blend the remaining oil, garlic, lemon juice, tomato sauce or roasted peppers, salt and chickpeas until smooth.
4. Remove the stem and skin, add the eggplant and blend again until smooth.
5. Serve warm or chilled with vegetables, crackers or whole wheat pita.

Swaps: Use roasted red peppers and olive oil. It is fine to leave a little skin on the eggplant.

Storage: Refrigerate in an airtight container up to 4 days.

Nutrition Facts

Per serving (1/3 cup)

Calories	**80**
Total Fat	3.5 g
Saturated Fat	0 g
Sodium	250 mg
Total Carbohydrate	12 g
Dietary Fiber	4 g
Total Sugars	4 g
Added Sugars	0 g
Protein	3 g
Calcium	22 mg
Iron	1 mg
Potassium	271 mg

Why it's good for you

- Eggplant adds fiber for very few calories.[1]
- Chickpeas boost the fiber and protein.[2]

[1] Harvard T.H. Chan School of Public Health, The Nutrition Source: Vegetables and Fruits, https://nutritionsource.hsph.harvard.edu/what-should-you-eat/vegetables-and-fruits/ [2] Harvard T.H. Chan School of Public Health, The Nutrition Source: Fiber, https://nutritionsource.hsph.harvard.edu/carbohydrates/fiber/

Recipe adapted from Iowa State University Extension and Outreach, Spend Smart. Eat Smart.: https://spendsmart.extension.iastate.edu/recipe/baba-ganoush/. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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