



TOTAL TIME

1 hour, 15 minutes

PREP TIME

15 minutes

COOK TIME

1 hour

SERVES

4

COOKING LEVEL

Easy

RECIPE | EGGPLANTS



BABA GANOUSH

INGREDIENTS

3 Pure Flavor® Graffiti Baby Eggplants
3 cloves of garlic, roasted
Juice of one lemon
½ cup extra virgin olive oil
1 pinch of ground cumin
½ teaspoon red pepper flakes
2 tablespoons sour cream
Salt and freshly ground pepper to taste
Tahini to taste
Chopped cilantro to garnish

DIRECTIONS

1. Preheat oven to 450°F. Roast eggplants on a large baking sheet until tender for approximately 1 hour, turning occasionally.
2. Remove eggplants from oven and wrap in aluminum foil. Let sit for about 15 minutes until cool, then peel eggplants and remove any blackened flesh.
3. Place the eggplant in a sieve and using a fork, press to remove any excess moisture or fluids.
4. Combine eggplant flesh and all other ingredients, except the sour cream and herbs, in a food processor. Process until smooth and then add the sour cream. Pulse a few times until smooth.
5. Place mixture in a covered serving bowl and refrigerate for at least one hour.
6. When serving, bring to room temperature, then top with olive oil and chopped cilantro. Serve with pita bread, pita chips or some Pure Flavor® veggies for dipping.



Follow us



pure-flavor.com

