

RECIPE OF THE WEEK

Herbed Eggplant Dip (Baba Ganoush)

Ingredients

- 6-ounce eggplant – sliced lengthwise
- 2 tbsp of fresh Italian Parsley
- 4 tsp of olive oil
- ¼ tsp dried red chilies
- 1 tbsp fresh chopped mint
- ½ tsp of fresh oregano
- 1 tbsp lemon juice
- ½ tsp of salt



Preparation

1. Preheat the oven to 350 degrees and line a baking sheet with parchment paper.
2. Place eggplant sliced side face down on a baking sheet.
3. Bake for an hour and let cool.
4. Scoop out eggplant flesh and place in a food processor, blender.
5. Now add the fresh herbs, lemon juice, salt, oil, and chilies.
6. Puree until smooth.
7. Serve with fresh veggies or IP Chips, or your favorite hand-made flatbread or cracker.

