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Easy Vegan Babaganoush

Oil Free Recipe

By: Jen Sage



A quick and easy vegan babaganoush recipe made without oil!

What is Babaganoush?

This is a very basic recipe, but the thing is that traditional babaganoush itself is very basic. If you've got eggplant, garlic, tahini, and lemon juice - you've got yourself some babaganoush.

Of course you can dress it up more - add a dash of cayenne pepper, a sprinkle of smoked paprika, more tahini, maybe even leave the skins ON if you're feeling extra generous (note: this does affect the color and texture of babaganoush but kicks it up a notch in the nutrition department.)

The part that takes the longest is prepping the eggplant. You need to salt it, let it sit so that it can release some of its extra water, wipe it down a bit and then roast it.

How to Enjoy Babaganoush:

Think of babaganoush as hummus' less famous cousin - but just as tasty if not more! You can enjoy babaganoush as a dip or as a spread. It tastes delicious with pita bread, crackers, and even raw veggies such as carrots and bell peppers. Serve it up at your next party or get-together as an appetizer or as a side to another main dish.

The possibilities are endless.



Easy Vegan Babaganoush

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Serves: 2 to 3 people

Ingredients:

- 1 medium sized eggplant (around 380g)
- 1/4 cup of vegetable broth for roasting
- 1 garlic clove (4g)
- 1 tablespoon lemon juice (14g)
- 2 tablespoons tahini butter (54g)
- a handful of cilantro
- pinch of salt, to taste

Optional spices that you can also add:

- a dash of cayenne
- 1/4 to 1/2 teaspoon of smoked paprika
- feel to free to add a bit more tahini or garlic if needed



Instructions:

1. Begin by peeling eggplant and then slicing it into rounds that are around 1/4 inch thick. You can also opt to remove the skins later on but I found that peeling it before hand is much easier.

2. Place cut eggplant rounds on a colander or paper towels and sprinkle a tiny bit of salt (enough to coat all eggplant). Let sit for 10 minutes so that the eggplant can release excess water. After 10 minutes, lightly pat the eggplant with paper towels to dry.

3. Arrange eggplant rounds on a baking dish lined with aluminum foil. Sprinkle enough vegetable broth to coat all eggplant and sprinkle a bit more salt.

4. Roast in oven using the 'broil' setting – If your oven has the option for low broil, I recommend that you use that one instead of high. With LOW broil – eggplant will roast in about 10 minutes. Make sure to flip the rounds halfway through (within the 5 minute mark). Eggplant rounds are ready once they are soft and golden. Remember if using HIGH broil, the eggplants will be ready much quicker. Keep an eye on them!

5. Remove eggplant from oven and let cool down for a few minutes before transferring to food processor. If you haven't peeled the eggplant yet – now is the time to remove the skins. The skins should peel away easily, but I still find it easier to peel the eggplant before roasting it.

6. Add garlic clove, lemon juice, tahini butter and eggplant to food processor and process until smooth. Add handful of cilantro last and pulse a few times. If needed add another pinch of salt. I usually don't add any more salt at this point but feel free to add more.

7. Top with some more lemon juice, chopped cilantro, and serve with pita chips, crackers, or enjoy by the spoonful!

NOTES

Most recipes call for peeling the eggplant after it has roasted, and even though the skin does come off easily this way, I have found it to be much easier to simply peel the eggplant before cutting/roasting.





ABOUT THE AUTHOR

Hey, I am Jen, Nice to meet ya!

I am obsessed with creating healthy vegan meals that taste deliciouslyyy amazing. I never cared much for food, nor cooking, but that all changed a few years ago when I switched to a whole foods, plant-based diet and discovered the magic of plants! <3 Now, I have my very own vegan food blog where I share that magic with YOU! Most of the recipes you'll find there are refined-sugar free and oil-free with almost zero processed ingredients, if any! If you love what you see, please stop by [SproutingZen.com](https://sproutingzen.com) and much love + gratitude always.

