

ONE BITE

VEGAN MAGAZINE

Perfect Creamy
Turmeric
Latte

IG WORTHY
FIG & COCONUT
CREAM TOAST

Swirly Cinnamon Rolls
with Tofu Icing

Rich Arugula-Pecan

CHEESY
SPREAD

*Tofu Spread with
Dried Tomatoes*

Smoky Baba Ganoush Dip



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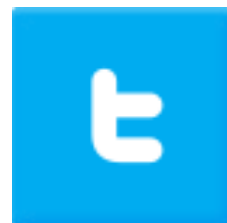
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Baba Ganoush Dip:

the bean-free hummus alternative

By: Rachel Kelts

I don't like eggplant. I admit it!!! It's one of the only vegetables I struggle with. Eggplant can taste bitter, greasy, or cause digestive problems. Oddly enough, I've ALWAYS loved Baba Ganoush, a hummus-like Middle Eastern dip made with.....eggplant.

Eggplant works perfectly in this dip, lending a smoky flavor and creamy texture. It's neither bitter nor greasy and it's easier to make than traditional chickpea hummus. Having reduced my intake of beans (to nearly nothing), this healthy Baba Ganoush dip has become my FAVORITE **bean-free hummus alternative!**

In August, my cat sitter gifted me an organic aubergine from the farmers market. She always leaves me interesting vegetables (some are so obscure, I struggle to identify them). Unsure of what to do with it, a memory from my past whispered in my ear, "Baba Ganoush, Baba Ganoush".

Back in the early 90's, I lived in San Francisco where Baba Ganoush was introduced to me by a dear friend from Armenia. It was a treat we'd often share scooping up the silky dip with fresh loaves of Sourdough bread and sipping earthy Pinot Noir. I've instantly loved this dip, but felt too intimidated to make it myself. Until the purple nightshade in my fridge suggested — *it was time!!!* I am proud of myself for facing my fear — and feel rewarded to have added a DELICIOUS BEAN-FREE HUMMUS to my repertoire.



Baba Ganoush Dip Recipe

I followed [this](#) recipe titled "EPIC Baba Ganoush" from Cookie and Kate, a beautiful blogger who celebrates eating "Real Food". Her easy to follow recipes and beautiful photographs will show you the way.



Baba Ganoush is easy to make (not sure what intimidated me years ago) and uses the same basic ingredients as hummus. Try scooping it up with sliced carrots as a snack or topping a salad with a hearty dollop.

INGREDIENTS:

- 2 pounds Italian eggplants (about 2 small-to-medium eggplants*)
- 2 medium cloves of garlic, pressed or minced
- 2 tablespoons lemon juice, more if necessary
- ¼ cup tahini
- ⅓ cup extra-virgin olive oil, plus more for brushing the eggplant and garnish
- 2 tablespoons chopped fresh flat-leaf parsley, plus extra for garnish
- ¾ teaspoon salt, to taste
- ¼ teaspoon ground cumin
- Pinch of smoked paprika, for garnish

INSTRUCTIONS:

Preheat the oven to 450 degrees Fahrenheit with a rack in the upper third of the oven. Line a large, rimmed baking sheet with parchment paper to prevent the eggplant from sticking to the pan. Halve the eggplants lengthwise and brush the cut sides lightly with olive oil. Place them in the prepared pan with the halved sides down.

Roast the eggplant until the interior is very tender throughout and the skin is collapsing, about 35 to 40 minutes (this might take longer if you are using 1 large eggplant). Set the eggplant aside to cool for a few minutes. Flip the eggplants over and scoop out the flesh with a large spoon, leaving the skin behind.

Place a mesh strainer over a mixing bowl, then transfer the flesh to the strainer and discard the skins. Pick out any stray bits of eggplant skin and discard. You want to remove as much moisture from the eggplant here as possible, so let the eggplant rest for a few minutes and



shake/stir the eggplant to release some more moisture.

Discard all of the eggplant drippings, drain and wipe out the bowl, and dump the eggplant into the bowl. Add the garlic and lemon juice to the eggplant and stir vigorously with a fork until eggplant breaks down. Add the tahini to the bowl and stir until it's incorporated. While stirring, slowly drizzle in the olive oil. Continue stirring until the mixture is pale and creamy, and use your fork to break up any particularly long strings of eggplant.

Stir in the parsley and cumin. Season to taste with more salt (I usually add another ¼ teaspoon) and more lemon juice, if you'd like a more tart flavor.

Transfer the baba ganoush to a serving bowl and lightly drizzle olive oil on top. Lastly, sprinkle parsley and smoked paprika on top. Serve with accompaniments of your choice.



ABOUT THE AUTHOR

Hi I'm Rachel. Yogi, runner, traveler, marriage therapist, exercise and health enthusiast. Come follow me on my whole foods, plant based journey to nourish your body and de-clutter your mind. I hope my blog, [Pure Love Raw](#), encourages anyone who wants to cook more often, add more healthy greens to their diet, or try a plant-based whole foods diet. However, I must warn you that once you go down this road, you will never want to go back. Your body will crave unprocessed, "real" foods and complain when you eat otherwise. Eating fresh, wholesome food will change your life!

