

ONE BITE

VEGAN MAGAZINE

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tables*

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Your guide to vegan wine

Baba Ganoush

By Sarah from Tatters to Truffles

Ingredients

- 2 medium American eggplants
- 1 tablespoon garlic infused olive oil plus more for drizzling
- 3 tablespoons tahini
- 4 tablespoons lemon juice or juice from two lemons
- salt
- fresh herbs like cilantro or parsley (optional)

Instructions

1. Preheat oven to broil.
2. Wash eggplants and slice to ¼ inch. Place in a strainer and salt each side. Let sit for 10-15 minutes to help remove water. Lightly rinse the eggplant and then pat dry with paper towels.
3. Line cookie sheets with tinfoil (enough to go past the edges) and lightly coat with non-stick cooking spray.
4. Place eggplants on cookie sheets and lightly drizzle with garlic infused oil and lightly salt. Roast for 7-15 minutes, flipping half way though. Once the eggplants are soft and golden, remove from oven. Slide the eggplant to the middle of the sheets and wrap up inside the tinfoil for 5 minutes to allow them to steam.
5. Carefully remove the eggplant, peel away the skins and toss in a food processor or blender along with 1 tablespoon of garlic infused oil, the tahini, and lemon juice. Process until smooth and then add salt and herbs to taste.
6. Place in bowl alongside veggies to dip.





About the author...

Sarah created [Taters to Truffles](#) in homage to her childhood culinary memories. Originally from the Midwest and now based in Los Angeles, she recounts those nostalgic days and brings them to her kitchen today along with all that she has discovered on her travels. She loves to create simple and flavorful recipes that are also easy to digest with a focus on FODMAP foods.

