



Recipes

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Baba Ghannoush

Serves 1

Ingredients:

- 2 1/2 lbs. (2 medium size) Eggplants
- 1 1/2 Tbsp. Fresh Garlic , minced
- 3 oz. vol. Lemon Juice
- 2 tsp. Lemon Zest
- 1 1/2 oz. vol. Tahini (Sesame Paste)
- 1/2 tsp. Ground Cumin
- 1 tsp. Kosher Salt
- 3 oz. vol. Olive Oil
- 1 oz. vol. Fresh Parsley , chopped

Directions:

1. Preheat oven to 450F. Pierce eggplants with a fork and place on a small pan in the oven.
2. Roast eggplant for approximately 45 min-1 hour or until soft in the center.
3. Remove from oven and cool.
4. Cut eggplant in half and scoop out the pulp; discard the skin.
5. Place in a food processor and add remaining ingredients.
6. Pulse to combine to desired consistency.
7. Place in a storage container and hold refrigerated until ready for use.