

# Roasted Baba Ghanoush

1 large firm eggplant (about 1 1/3 lbs.), cut in half lengthwise  
olive oil  
1 T. tahini  
4 cloves garlic, finely chopped  
1/4 c. minced shallots  
1/4 c. fresh lemon juice  
2 T. olive oil  
Salt and freshly ground pepper  
1/4 t. cayenne pepper  
2 T. finely chopped cilantro

- 1) Preheat oven. Brush flesh of the eggplant with olive oil and season with salt and pepper to taste. Roast flesh-side down for 15 to 20 minutes; turn over and grill an additional 15 minutes, or until soft. Let cool slightly and remove the flesh with a large spoon and mince.
- 2) In a large bowl, mix the tahini, garlic, shallot, lemon juice, 2 T. olive oil, salt, pepper, cayenne and cilantro together until combined. Fold in the eggplant and season with salt and pepper and more lemon juice if necessary. Serve with pita chips.

Nutrition (per serving based on 8 servings): 80 calories; 67% calories from fat; 9.2g total fat; 0.0mg cholesterol; 3.9mg sodium; 205.7mg potassium; 6.4g carbohydrates; 2.5g fiber; 1.8g sugar; 3.9g net carbs; 1.3g protein.