

Garden Chef Spicy Garden Baba Ghanoush

1	Large eggplant, or 3-4 small eggplant
1-2	Spicy garden peppers
2 Cloves	Garlic, peeled
2 Tbsp	Tahini
½	Lemon, juiced
2 Tbsp	Olive oil, extra virgin
½ Tsp	Ground cumin
½ Tsp	Sea salt
¼ Cup	Flat-leaf parsley, chopped
	Fresh cracked black pepper to taste

Heat grill or cast iron grill pan to medium high. Grill whole eggplant and peppers for about 15 minutes until soft, rotating often. Remove from grill and let cool. Peel charred eggplant and pepper skin.

In food processor, mince garlic and then add peeled eggplant, spicy pepper, tahini, lemon juice, olive oil, cumin, sea salt and pepper and blend until smooth and creamy. Add chopped parsley and pulse until blended. Transfer to serving bowl and garnish with extra parsley.

Serve with toasted pita and fresh cut cucumbers.

Alternative: Preheat oven to 400° and bake pierced eggplant on baking sheet for 30-40 minutes until soft, rotating often.



ATLANTA BOTANICAL GARDEN

Recipe by Garden Chef Megan McCarthy