

Charred Eggplant Dip

INGREDIENTS

1 medium eggplant
1 tablespoon olive oil
Dash of salt
3 tablespoons tahini
1 garlic clove, minced
Juice of 1 lemon
Pinch of cayenne pepper
1/2 teaspoon ground cumin
1 tablespoon chopped flat-leaf parsley
Sesame seeds for garnish (optional)

INSTRUCTIONS

Heat oven to 375°F. Brush a baking sheet with olive oil.

Over a gas flame, grill or under a broiler, evenly char the skin of your eggplants. Transfer to a cutting board, let cool, and remove stem and cut lengthwise. Place cut side down on prepared baking sheet and roast for 30 to 35 minutes, until very, very tender when pressed. Cool to room temperature.

Scrape eggplant flesh from skin and into a food processor. Add tahini, lemon, cayenne, cumin and parsley. Blend in until combined but still coarsely chopped (NOT pureed). Pour into a serving bowl and garnish with parsley, drizzle of olive oil, and even sesame seeds! Pairs best with fresh veggies and whole wheat pita or naan.

Recipe adapted from Smitten Kitchen.