Quick & Easy Baba Ganoush

Hands-on 10 minutes Overall 50 minutes

Nutritional values (per serving, ~ 1/4 cup): Total carbs: 6.9 g, Fiber: 3.1 g, **Net carbs: 3.8 g**, Protein: 2.2 g, Fat: 9.5 g, Calories: 114 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 8 servings)

2 large *or* 3 medium eggplants (750 g/ 1.65 lb) - *will yield about 600 g edible parts*

1/4 cup tahini sesame paste (63 g/ 2.2 oz)

1/4 cup lemon juice (60 ml)

2 cloves garlic, crushed

1/2 tsp ground cumin

1/4 tsp chili powder *or* 1/2 tsp chili flakes

2 tbsp fresh parsley (+ more for garnish)

1/2 tsp sea salt

3 tbsp extra virgin olive oil (45 ml)

paprika for garnish

Instructions

1. Char the eggplants. Place the eggplants on a baking sheet lined with baking foil or strong parchment paper. Using a fork, prick the skin of each of the eggplants several times. Place them under a broiler for 5-8 minutes until the skin in lightly charred. Turn them on the other side half way through the charring.
2. Bake the eggplants. Once the eggplants are charred, turn the broiler off and preheat the oven to 220 °C/ 430 °F (fan assisted), or 240 °C/ 465 °F (conventional). Bake for 30-40 minutes. They will get wrinkly and very soft inside when they are done. Charring the eggplants will add a smoky flavour. If you skip this step, add 10 more minutes to the baking time.
3. Remove from the oven and leave them to cool down enough to handle. Slit the eggplants.
4. Scoop the flesh out. To remove the excess juice, I placed the flesh in a sieve (or you can use a colander) before mixing with the remaining ingredients. Discard the skins and stems.
5. If you prefer a chunky texture, place the eggplant flesh on a chopping board and cut into small pieces. Then, in a bowl, mix with all the remaining ingredients (apart from the olive oil and paprika).
6. If you prefer a smooth texture, place the eggplant in a food processor and pulse until smooth. I used my Kenwood mixer with a food processor attachment. Transfer into a bowl and add all the remaining ingredients (apart from the olive oil and paprika).
7. Place in a serving bowl, drizzle with olive oil and sprinkle with ground paprika and fresh parsley. Enjoy with some freshly cut veggies, Keto Cheesy Crackers or Ultimate Keto Breadsticks. If not using immediately, cover and refrigerate for up to 5 days.

More great content on KetoDietApp.com

Keto calculator

Best keto recipes

Complete keto diet food list

Expert articles & ketogenic guides

Keto Diet App

Free & premium keto diet plans

This free recipe cannot be redistributed without prior permission from KetoDietApp.com. If you have obtained this recipe from any source other than KetoDietApp.com please contact us.