



JERSEY TASTES!

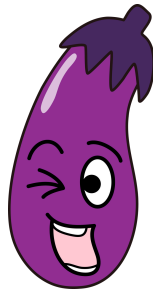
RECIPES

Baba Ganoush

INGREDIENTS

Recipe makes enough for classroom tasting

- 2 eggplants
- 3 Tbsp. olive oil
- 2 Tbsp. tahini
- 2 garlic cloves
- ½ tsp. ground cumin
- 1 lemon, juiced
- 1 tsp. chopped parsley



SCHOOL FOOD SERVICE
PORTIONS: 24-6OZ PORTIONS

- 8 eggplants
- ¾ cup olive oil
- ½ cup tahini
- 8 garlic cloves
- 2 tsp. ground cumin
- 4 lemons, juiced
- 4 tsp. chopped parsley

Portion Size: 6 oz:
¾ cup vegetables

RECIPES MADE IN COLLABORATION WITH:

DIRECTIONS



1

Preheat oven to 400°F. Poke the eggplants in several places with a fork. Cut the eggplants in half lengthwise and brush the cut sides lightly with olive oil. Place on a baking sheet cut side down, and roast until very tender, about 35-40 minutes. Remove from oven and allow to cool for 15 minutes.

2

Scoop the eggplant flesh into a large bowl and mash well with a fork. Combine the eggplant, minced garlic, remaining olive oil, tahini, cumin, lemon juice, the salt, and pepper.

3

Allow the baba ganoush to cool. Adjust seasoning as necessary. Serve with warm pita or cucumber slices.



FUN FACTS:

The name “eggplant” originated from early varieties of the vegetable that had white or yellow fruit resembling the shape of an egg. Eggplants are known as “King of the Vegetables” in India.

