

BABA GHANOUSH



Prep Time: 30 min Total Time: 1 hr 30 min
Makes 2 cups dip or 16 servings, 2 Tbsp. dip
and 16 WHEAT THINS each.

WHAT YOU NEED

1 large eggplant (1-1/2 lb.)
1 clove garlic
4 tsp. lemon juice
1/4 cup tahini
2 Tbsp. extra virgin olive oil
3/4 tsp. salt
Dash pepper
WHEAT THINS Original Snacks

MAKE IT

Heat broiler.

Place eggplant on foil-covered rimmed baking sheet.

Broil, 6 inches from heat, 20 to 25 min. or until eggplant collapses and is evenly blackened on all sides, turning occasionally. Cool slightly.

Place garlic on top of eggplant; wrap with foil. Cool completely.

Remove and discard peel from eggplant. Place eggplant flesh and garlic in food processor; process until smooth. Add tahini, olive oil, lemon juice, salt and pepper; pulse just until blended. Spoon into serving dish.

Refrigerate 30 min. or until chilled.

Serve with WHEAT THINS for dipping.

TIPS

Special Extra

Arrange cucumber and carrot slices around dip in serving dish.

Variation

Serve with WHEAT THINS Big Snacks. Makes 16 servings, 2 Tbsp. dip and 11 WHEAT THINS Big Snacks each.

Nutrition Information Per Serving: 190 calories, 9g total fat, 1.5g saturated fat, 0mg cholesterol, 350mg sodium, 25g carbohydrate, 3g dietary fiber, 5g sugars, 3g protein