

Baba Ganoush is one of the healthy Middle Eastern dip or spread that is quite enjoyable to the palate. It's crushed egg plants roasted then mashed with tahini and lemon juice, olive oil and crushed garlic.

Altogether, Baba Ganoush is a great spread for it gives smoky and creamy flavor to your dishes. You can even take with bread, vegetables or even sandwich. It also flying in vitamins, minerals and fiber Vitamins and protein are more likely than carbohydrates to fly in the body, and fat is less likely.

Now let's find out more about the history of Baba Ganoush and the directions on how to cook this dish at home.

Let's start!

What is Baba Ganoush Recipe?

Baba ganoush is a popular Middle Eastern dish that has been enjoyed for centuries. The name 'baba' means 'father' in Arabic, and 'ganoush' is believed to mean 'pampered.' While the exact origin of the dish is unclear, one popular legend suggests that it was created for an elderly man who had difficulty chewing.

Originally prepared in countries like Lebanon, Syria, Israel, and Turkey, baba ganoush has become a beloved dish throughout the Middle East and beyond. While each region has its own unique recipe, the basic ingredients typically include roasted eggplant, tahini, and lemon juice. Some variations may also include pomegranate seeds or chopped parsley for added flavor and color.

Making Baba Ganoush at Home

Making Baba Ganoush is easy! Here's what you need:

• **Ingredients:**

- 2 small eggplant (Italian or globe eggplant)
- Tahini paste (100% roasted and pressed organic Ethiopian White Humera sesame seeds)
- 1-2 garlic cloves
- Lemon juice
- Greek yogurt (optional)
- Salt
- Pepper
- Sumac (optional)
- Cayenne pepper (optional)
- Extra virgin olive oil
- Toasted pine nuts (optional)
- Chopped fresh parsley (optional)

How to Make?

Baba ganoush is a flavorful dip that's easy to prepare. It all starts with cooking the eggplant. You can either grill it over an open flame or bake it in the oven. Here's a step-by-step guide to making this delicious dish.

Step #1: Cook the Eggplant

In the first step, you have to do is prepare eggplant by softening it. It could either be barbecued or even roasted.

Grilling:

- Place the entire eggplant, directly on the grate, over medium-high direct heat.
- Flip it with tongs every now and then.
- Cook the skin until it is pitch black in colour and the interior is tender. This takes about about 15-20mins.

Baking:

- Spoon out the insides of the eggplants leaving them half full.
- Rotate it over and put on a baking sheet with a small amount of oil on the side which has been cut.
- Preheat to 425 degree F, then bake for 40 or 45 minutes until it turns soft.

Step #2: Cool and Drain

After eggplant is cooked, let it cool and drain. Put it in a colander and apply some pressure on it in order to remove the excess water.

Step #3: Peel the Eggplant

After cooking eggplant, you must let it cool down before then proceeding to remove the black outer skin.

Step #4: Mix the Ingredients:

Place the peeled eggplant in a bowl. Then mix tahini for nutty flavor and garlic to add some spiciness to the dish. Add a few splashes of lemon juice for that fresh citrus flavor. If you want to make the cream ricer, you can also add Greek yogurt to the mixture. Season it with salt and a pinch of sumac, Aleppo pepper or red pepper flake if you are using the spicy one. Mix everything together well.

Step #5: Chill and Serve

After you've made your baba ganoush, allow it to cool and set a bit more in the refrigerator for the flavors to meld. When ready to serve lay it on a plate. At the end, sprinkle a little olive oil and garnish with toasted pine nuts and fresh parsley to make the dish more presentable.

And that's it! You have prepared your own tasty baba ganoush just now.

Serving Suggestions

Baba Ganoush is very versatile. Here are some ways you can enjoy it:

- **Spoon it into pita bread.** This is the method preferred most when it comes to consuming baba ganoush. Well, just grab a fragment of pita bread and scoop some up and that's it!
- **Spread it on sandwiches.** Baba ganoush should be tasted because it can be a nice ingredient for different sandwiches. All that is required is to spread a layer on your preferred bread and garnish with your preferred toppings
- **It is best served as part of a meze platter.** Meze platters are a perfect dishes to have a diverse assortment of dishes as a party, with friends, or with family. Baba ganoush is perfect for side dish and can be served at all times with any of the meze platter.
- It can be eaten as a **side dish.** Baba ganoush can be a tasty side dish to the grilled lamb chops or chicken kabobs.
- **Create the perfect dinner bowl.** Baba ganoush can be very useful when it comes to creating a healthy dinner bowl, for example. Just add it to your favorite protein and a side salad and you'll have a delicious and filling meal

However you decide to consume it, baba ganoush is guaranteed to impress.

Top Suggestions for the Perfect Baba Gnoush

Tip 1: For that barbeque flavor or grill imprint, there is no better way than to barbecue your eggplant directly on a flame. As long as it is black on all sides, just do so. If grilling is not an option to prepare then roasting it in an oven is okay but the food won't be as smoky as it would be otherwise.

Tip 2: Remember to drain the eggplant well after you cook it as nobody likes a watery baba ganoush!

Tip 3: While making the creamy layer, use a wooden spoon to stir the eggplant mixture, do not blend it using a food processor or a blender. That is one thing that makes baba ganoush just a little bit of texture, oh so tasty!

Tip 4: Allow the baba ganoush to cool for few minutes before you start serving. This is effective in aiding the flavors to meld together as well as the preparation of the dip to become thicker.

Tip 5: Vegan Option If you are interested in vegan try to omit greek yogurt from the recipe.

It's optional anyway but the reason for this is to help with the texture.

Nutritional Profile of Baba Ganoush

The above Baba Ganoush recipe is not only delicious but nutritious as well. Eggplants the main component of the dish, contains a very low calorie diet and high fiber content, making it an appropriate option if the individual has dietary concerns.

Here is a breakdown of the nutritional value of one serving of Baba Ganoush:

- **Calories:** 86.6
- **Carbohydrates:** 8.6 grams
- **Protein:** 3 grams
- **Fat:** 5.6 grams
- **Saturated Fat:** 0.8 grams
- **Monounsaturated Fat:** 2 grams
- **Cholesterol:** 0.1 milligrams
- **Sodium:** 204.4 milligrams
- **Potassium:** 250.2 milligrams
- **Fiber:** 3.3 grams
- **Vitamin A:** 103.6 IU
- **Vitamin C:** 11.8 milligrams
- **Calcium:** 30.3 milligrams
- **Iron:** 0.8 milligrams

As you can see, Baba Ganoush is a healthy snack that is packed with nutrients. It is a good source of fiber, vitamins, and minerals. It is also low in calories and fat, so it is a great choice for people who are trying to eat healthy.

Last Words

If you haven't used Baba Ganoush yet, then get ready and use it in your kitchen, that's the best thing you can do. This dish has a very special kind of taste that comprises of strong and at the same time refreshing. Second, I opt for my recipe because they can make at home, using basic ingredients that are easily accessible.

And, I'd be very glad if you try it and let me know your experience in the comments section below. Finally, the Baba Ganoush is one of my most preferred dips and I am sure that you will also like it.

FAQs

Is baba ganoush healthier than hummus?

While hummus is made from chickpeas, baba ganoush is made from roasted eggplant. This means that baba ganoush is generally lower in fat and calories, and it might be easier on your stomach.

Are hummus and baba ganoush the same?

No, hummus and baba ganoush are not the same. They both taste great, but they have different main ingredients, flavors, textures, and nutritional values. Hummus is made from chickpeas and has a more earthy flavor, while baba ganoush is made from roasted eggplant and has a smoky flavor. Baba ganoush is usually smoother and lighter, while hummus is thicker and creamier. Hummus is higher in protein, while baba ganoush is lower in calories and carbs.

2. Can I store baba ganoush?

Yes, you can! Keep it in the fridge in a container with a tight lid. It'll stay fresh for about 4 days.