ROASTED EGGPLANT HUMMUS

1 medium-sized Italian eggplant, sliced in half lengthwise

2 tins chickpeas, rinsed and drained

1/3 cup tahini

1/4 cup water

2 Tablespoons fresh lemon juice

1 teaspoon fresh lemon zest

3 cloves of garlic, chopped

1/3 cup loosely packed fresh parsley, tough stems removed

1/4 teaspoon ground cumin (add more or less depending on spice preference)

2 Tablespoons olive oil + more for serving

salt and pepper to taste

Method:

Preheat the oven to 180 degrees. Place the eggplant halves cut side down on a prepared baking tray, lined with paper and roast until fork tender and slightly charred on the skins.

Anywhere from 30 -15 minutes. Start checking eggplant after about 25 minutes. Remove from the oven and let it slightly cool.

Scoop out the eggplant flesh and place in the bowl of a food processor. Add the rest of the ingredients and whirl away until smooth and well combined. You may have to stop the processor a

few times to scrape down the sides. Have your volunteer taste test and adjust seasonings as

necessary.

 If the mixture is too thick add a little more oil or water. Season to taste with plenty of salt and pepper.