

# ROASTED EGGPLANT HUMMUS

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PREP TIME: 10 MINUTES COOK TIME: 45 MINUTES SERVES: 6 SERVINGS



- 1 medium-sized Italian eggplant, sliced in half lengthwise
- 2 cups cooked chickpeas, if from the can 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
- 1/8-1/4 teaspoon ground cumin (add more or less depending on spice preference)
- 2 Tablespoons olive oil + more for serving
- salt and pepper to taste

## Garnishes:

- Minced parsley
- pine nuts
- extra olive oil for serving

## Preparation

Preheat the oven to 425 degrees.  
Place the eggplant slices cut side down on a prepared baking sheet and roast until fork tender and slightly charred on the skins. Anywhere from 30 -45 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. 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.

Store in an airtight container in the fridge for up to 7 days.

## Notes

\*Use this recipe as a guide. \*Always adjust measurements and ingredients to suite your personal preference. \*Taste test as you go. \*Have fun in the kitchen!

