

Eggplant & Roasted Garlic Hummus

As summer wound its way down this year, I still had some eggplants on the vine. I love hummus, especially eggplant hummus, so I tested a few different recipes and developed my own. This is excellent with crackers (such as the Homemade Cracker Bread following), but also as a healthy dip for raw vegetables.

Yields about 2-1/2 cups

Ingredients:

1 large or 2 small eggplants
(about 1-1/2 pounds)

3 tablespoons Tahini
(sesame seed paste)

4-6 cloves fresh garlic

15 ounce can chickpeas (garbanzo
beans), rinsed and drained

3 tablespoons plain yogurt
(preferably Greek style)

2 tablespoons lemon juice

1 teaspoon ground cumin

1/2 teaspoon ground coriander (optional)

1 teaspoon salt

pinch of crushed red pepper flakes

1. Pre-heat oven to 375° F.
2. Pierce eggplant with a fork. Place eggplant on a baking sheet.
3. Peel the garlic cloves. Toss with a little olive oil. Wrap in a foil pouch and place on the baking sheet along with the eggplant.
4. Bake for about 30 minutes, or until eggplant is tender.
5. Cool eggplant. Also un-wrap garlic so it can cool. Cut eggplant in half lengthwise. Scoop out interior flesh and place in a food processor.
6. Add remaining ingredients and process until smooth. Adjust seasoning to taste.

Frankie's Tips:

- ◆ I used globe eggplants for these but any type of eggplant will do. If you use the thinner Japanese eggplants, the roasting time will be shorter.

