



Baba Ganoush

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Recipe HACCP Process: #2 Same Day Service

Serving Size: ½ cup

Yield: 50

Source: JSI Back to Basics: Mediterranean Flavors Recipe

Ingredients:

Ingredient Name	Measurements
Eggplant, raw	12 lb + 8 oz
Tahini, sesame paste, unsalted	1 1/3 cup + ½ Tbsp
Garlic, raw, cloves	4 ¼ cloves
Lemon juice, raw	1 lb + 2/3 oz
Cumin, ground	2 1/8 tsp
Pepper, red or cayenne	½ tsp
Salt, table	2 1/8 tsp
Oil, olive, salad or cooking	½ cup + 1 tsp
Paprika	2 1/8 tsp

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

Instructions:

1. Adjust oven rack to the middle position. Turn on broiler.
2. Line a sheet pan with aluminum foil.
3. Wash eggplants, pierce the skins with a fork, place eggplant onto the sheet pan.
4. Broil eggplant for 2 minutes on both sides.
5. Turn broiler off and heat oven to 375°F.
6. Bake eggplant until very soft, 25 to 30 minutes. Remove from oven and allow to cool, 10 to 15 minutes, until easy to handle. Do not discard liquid.

7. Cut open the eggplant and scoop out the roasted eggplant pulp into a bowl. Discard skins.
8. In a food processor, combine eggplant, reserved liquid, tahini, garlic, lemon juice, cumin, salt, cayenne pepper, and olive oil. Pulse until well combined.
9. Spread mixture in a shallow hotel pan. Before serving, sprinkle top with paprika.
10. Hold for cold service at 41°F or lower.
11. Portion with a No. 8 scoop (1/2 cup).

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	89.31 kcal
Total Fat	5.71 g
Saturated Fat	0.81 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	104.49 mg
Total Carbohydrate	9.25 g
Dietary Fiber	4.10 g
Total Sugars	4.26 g
Protein	2.38 g

Meal Component Information:

Meal Components	Amount
Vegetable	0.25 cup

**Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*