

Baba Ganoush with Mixed Green Salad and Nuts

Baba Ganoush

Serves 6

1 large eggplant
1-2 T tahini
3 garlic cloves, pressed
1-2 T fresh lemon juice
½ teaspoon ground cumin
1 t sea salt
1 T extra-virgin olive oil
1 T fresh parsley, chopped
1/4 cup kalamata olives, optional

Preheat oven to 375 degrees.

Cut eggplant in half, place on baking sheet and bake for 30-40 minutes – until soft. Remove from the oven, let cool, and scoop out flesh, discarding skin. Mash the eggplant until smooth. Add the tahini, the garlic, 1 tablespoon of lemon juice and the cumin and mix well. Season with salt, taste, and add more tahini and/or lemon juice, to suit your taste. Drizzle with a little olive oil and garnish with parsley and olives (optional). Serve with crackers or pita bread.

Salad with Nuts

1 serving

1 cup salad greens
½ cup tomato, quartered
¼ cup cucumber, sliced
¼ cup bell pepper, sliced
1/3 cup nuts and seeds: pumpkin seeds, sunflower seeds, almonds, Brazil nuts
1-2 T goddess-like dressing

Mix together the first four ingredients and top with nuts and dressing.

For more information see: www.e2se.org