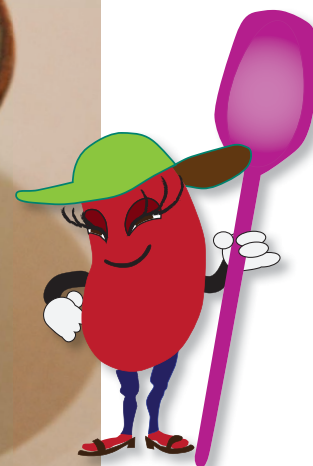


Beans, Rice And Everything Nice



Roasted Garlic and Eggplant Hummus

original recipe by
beansriceeverythingnice.weebly.com

Ingredients

1 head of garlic
1 medium eggplant
1 lemon, juiced
2 cups cooked chickpeas
or 1 15-19 ounce can
1 tablespoon tahini (optional)
1 teaspoon cumin
1/2 teaspoon smoked paprika
1/4 teaspoon salt (optional)
parsley, leaves and small stems,
to taste (optional)

1. The first step is to roast the garlic and the eggplant. Roast them together as they take about the same amount of time in the oven. Preheat the oven to 205C (400F). Wash and dry the eggplant and using a fork, poke several holes in the skin. Peel off as much of the papery skin on the garlic as you can, cut off the top 1/4 inch of the garlic cloves and wrap in a small square of aluminum foil. Before you close up the foil drop in a tablespoon of water. Place the eggplant and the wrapped garlic on a parchment-lined cookie sheet. The eggplant will get messy as it cooks and this step will save on clean-up. Bake for 40-45 minutes, until the eggplant is completely collapsed and the garlic cloves are soft. Let cool to room temperature. This step can be done a day or two in advance.
2. When the eggplant and garlic are cool enough, cut the stem off the eggplant, slice it open, and scrape out the insides. Add the eggplant to the bowl of the food processor. Use your hands and squeeze the cooked garlic out of the cloves directly into the food processor. Add lemon juice and puree until smooth.
3. Add the beans, tahini (if using), spices and salt. Puree until smooth.
4. Add the parsley (if using) and pulse it in until you see evenly distributed little green flecks.