



Almond Baba Ghanoush

3 Tbsp. extra-virgin olive oil, divided
2 large eggplants (about 2 1/2 pounds each),
trimmed, peeled,
and cut into bite-sized pieces
3 cloves garlic, minced
6 Tbsp. almond butter
1/4 cup Almond Accents Roasted Garlic Caesar or Original
Oven
Roasted sliced almonds
1/4 cup lemon juice
2 Tbsp. minced Italian parsley, plus sprigs for garnish



Preparation Time : 10 minutes

Heat 2 Tbsp. oil in a large skillet. Cook eggplant and garlic on medium heat 7 to 10 minutes, stirring occasionally, until eggplant darkens. Place eggplant, garlic, almond butter, lemon juice, parsley and remaining oil in a food processor or blender, and puree. Season with salt and pepper. Top with Almond Accents. Place in serving bowl and garnish with parsley sprigs. Serve with whole-wheat pita crisps or whole-wheat crackers.

Makes 4 servings:

Nutrition information per serving: 210 calories; 14 g fat; 0 mg cholesterol; 63 mg sodium; 22 g carbohydrate; 6 g protein

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