



Sustainable Recipes

**With
Chef Jessica VanRoo
October 26, 2011**

Baba Ghanoush with Baked Pita Chips

For the Baba Ghanoush:

(Makes 2 cups, serves 6-8)

- 2 pounds globe eggplant, each poked all over surface with fork to prevent bursting
- 1 tablespoon lemon juice
- 1 small clove garlic , minced
- 2 tablespoons tahini paste
- Salt and ground black pepper
- 1 tablespoon extra-virgin olive oil, plus extra for serving
- 2 teaspoons chopped fresh Italian parsley leaves

Baba Ghanoush with Baked Pita Chips

For the Baba Ghanoush:

(Makes 2 cups, serves 6-8)

1. Preheat your oven to 500 degrees.
2. Prepare a baking sheet by lining it with foil. Place poked eggplant on the baking sheet and roast, turning every 15 minutes for about 45- 50 minutes, or until the eggplant is tender all over. Cool eggplants on baking sheet 5 minutes.
3. Once the eggplants are cool enough to handle, trim the top and slit the eggplant lengthwise.

Baba Ghanoush with Baked Pita Chips

For the Baba Ghanoush:

(Makes 2 cups, serves 6-8)

4. Set a colander over a bowl and place the pulp of the eggplant into the colander to drain. Throw the eggplant skin away and allow the eggplant pulp to drain for at least 5 minutes.
5. Transfer the pulp to a food processor and add remaining ingredients, except the parsley, and pulse just until blended.
6. To serve; place eggplant dip in a large serving bowl and then drizzle with a little olive oil and sprinkle with chopped parsley.

Baba Ghanoush with Baked Pita Chips

For the Pita Chips:

(Serves 8-10)

- 8 whole wheat or regular pita pockets
- Olive oil spray, or 1 tablespoon olive oil
- Sea Salt and Pepper
- Garlic powder/ Italian Seasoning (optional)

Baba Ghanoush with Baked Pita Chips

For the Pita Chips:

(Serves 8-10)

1. Preheat your oven to 375 degrees
2. Cut each pita into 8- 10 wedges and place in a large mixing bowl.
3. Mix your seasoning together in a small bowl; you only need about $\frac{1}{2}$ teaspoon of kosher salt for 8 pitas.
4. Spray or drizzle the pita with olive oil and then sprinkle seasoning on top. Mix well by tossing or using tongs.
5. Arrange pita chips in a single layer on a parchment or foil lined baking sheet.
6. Bake for 10- 15 minutes or until brown and crisp. Allow to cool, and then serve or store in an air tight container for up to 10 days.

Fennel and Citrus Salad

(Serves 4-6)

For the Dressing:

- 1/3 cup Olive Oil
- 1/4 cup Citrus vinegar, or orange juice
- 1 tablespoon Dijon Mustard
- 1 tablespoon Honey
- 2 teaspoon minced Shallot
- Salt & Pepper to taste

For the Salad:

- 1 small fennel bulb, sliced
- 2 navel oranges, segmented
- 1/2 sweet onion, small dice
- 1 small cucumber, small dice
- 4- 6 oz mixed greens

Fennel and Citrus Salad

(Serves 4-6)

1. To make Salad, combine all the ingredients, except the greens in a large mixing bowl
2. To make dressing: Place all the ingredients in a jar, or food processor, shake or mix until combined, taste and season with salt and pepper. You will have more dressing than you need.
3. Toss the salad, except greens, with 1/3 of the dressing. Lay tossed fennel and orange mixture on top of the mixed greens, and serve with extra dressing on the side.