

Mama Ghanoush - Roasted Zucchini Dip

August 6th, 2019

This recipe serves: 6

Prep Time: 00:15

Cook Time: 02:00

This is a great dip to eat with vegetables or with a pita. Similar to Baba Ghanoush, however, Mama Ghanoush replaces the Eggplant and Tahini with tomatoes and Grilled Zucchini for a fuller and more hearty dip.

Ingredients:

- 2 Large (about 2 lbs) Zucchini Squash
- 3 Garlic Cloves (Oven Roasted)
- 1/4 Teaspoon Cumin
- 1/4 Teaspoon Sea Salt
- 1 Lemon, juiced (2 Tablespoons or 1 fluid ounce)
- 1 Teaspoon Liquid Smoke
- 2 Roma Tomatoes, finely diced
- 1 Red Bell Pepper, finely diced
- 1/2 Green Bell Pepper, finely diced
- 1/2 Red Onion, finely diced
- 1 Tablespoon Olive Oil
- 2 Tablespoons Cilantro, finely chopped

Directions:

Preheat the Oven to 400° F.

Clean the Zucchini and remove the stems. Slice the Zucchini in half, lengthwise.

Place the Zucchini and the Garlic Cloves in the oven.

Roast for 30 minutes at 400° F.

Remove from the oven and cut each Zucchini half into a few large pieces.

Place the Zucchini, Garlic, Cumin, Lemon Juice, and Liquid Smoke into a blender.

Pulse 8 or 10 times until fully blended.

Move the Zucchini paste into a serving bowl. Add the diced Tomatoes, diced Red and Green Peppers, and the diced Onion.

Drizzle with Olive Oil. Add the chopped Cilantro.

Stir together and serve.