



## INGREDIENTS

- 1 Head Garlic plus 1 Clove Garlic
- 1 Tablespoon plus 1 Teaspoon Olive Oil (plus more for serving)
- Kosher Salt (to taste)
- Black Pepper (to taste)
- 2 Pounds (about 2 medium) Italian Eggplants
- 3 Tablespoons Lemon Juice
- ¼ Cup Tahini
- 1 Tablespoon Parsley (chopped)
- Pinch Crushed Red Pepper Flakes

## DIRECTIONS

1. Arrange a rack closest to broiler; turn on broiler. Cut top off head of garlic and drizzle with 1 teaspoon olive oil; season with salt and pepper. Wrap garlic in foil.
2. Pierce eggplants all over with a fork. Place eggplants and garlic on a large foil-lined baking sheet.
3. Broil, turning occasionally and watching closely, until eggplant is charred on the outside and tender on the inside, and garlic is soft, 30 to 35 minutes. You can test the eggplant doneness by inserting a paring knife into the center of eggplant. If there is any resistance, continue to roast.
4. Let eggplant cool 10 minutes, then cut open and scoop out flesh. Discard skin and transfer flesh to a colander. Let drain, stirring halfway through, about 30 minutes.
5. Transfer eggplant to a large bowl. Add roasted garlic and lemon juice. Using a fork, mash garlic, then continue to stir until eggplant is broken down and lemon juice is incorporated. Add tahini and 1 tablespoon olive oil; grate garlic clove into bowl. Stir to combine; season with salt. Transfer to a serving bowl.
6. Top with parsley and red pepper flakes; drizzle with oil.

## MEAL PATTERN CONTRIBUTION

 Vegetable

## MEAL TYPE

 Snack

## YIELD

3½ Cups

## PORTION SIZES

**Toddler:** ¾ Cup

**Preschool:** ¾ Cup

**School Age:** 1 Cup

**Adult:** ¾ Cup