

Layered Hummus and Eggplant Appetizer

Source: Judy Bart Kanciger, from *Melting Pot Memories* (cookbook), www.cookingjewish.com



HUMMUS LAYER:

- 2 large garlic cloves
- 15 ounces garbanzo beans, canned
- 1/2 cup tahini
- 1/2 cup water, or juice from garbanzos
- 1/4 cup vegetable oil
- 4 tablespoons lemon juice, or to taste
- 1 teaspoon salt
- 1/8 teaspoon white pepper
- 1/8 teaspoon cayenne pepper
- 1 teaspoon ground cumin

EGGPLANT:

- 1 1/4 pounds eggplant, whole, purple type, no bruises
 - 1/4 cup olive oil
- ### DRESSING:
- 1/4 cup balsamic vinegar
 - 1/2 cup olive oil
 - 1 teaspoon sugar
 - 1/2 teaspoon salt, or to taste
 - 1/4 teaspoon black pepper, or to taste
 - 1/2 bunch fresh cilantro, chopped
 - 1/4 cup pine nuts, toasted

Serving Ideas: Serve with pita bread wedges, either plain or toasted lightly in the oven.

Categories: Appetizers

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 351 Calories; 30g Fat (75.2% calories from fat); 6g Protein; 17g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 463mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 6 Fat; 0 Other Carbohydrates.

Carolyn T's
Cookbook

Servings: 10

Yield: 4 cups

Notes: The eggplant takes on a very rich mahogany color and when you serve this on a big platter with the eggplant on top, it's very colorful. You don't use all of the dressing, so the nutritional information is misleading.

Description: Just delicious!

Preparation Time: 40 minutes

Start to Finish Time: 2 hours

HUMMUS:

1. Turn on processor and drop in garlic cloves, and process until minced. Add salt and allow to sit while you collect the ingredients down through ground cumin. Add those items to the processor and blend until smooth. This makes about 2 cups of hummus.

EGGPLANT:

1. Slice the eggplant in 1/3 inch thick slices, or slightly thicker. Heat just enough oil in the bottom of a large skillet and fry over medium-high heat, in batches, on both sides until the eggplant is cooked, brown and slightly crisp, approximately 5 minutes per side. Drain on paper towels, then coarsely chop. Place in bowl. Meanwhile, combine in a lidded jar the balsamic vinegar, oil, sugar, salt and pepper and shake until combined. An hour before serving, pour about 2 T. of the dressing over the eggplant and stir. Set aside.

2. Toast the pine nuts in a hot skillet until barely brown. Set aside. Chop cilantro a few minutes before serving.

ASSEMBLY:

1.. To serve: spread the hummus on a large, flat serving platter. Spoon the eggplant over the top, leaving hummus layer visible around the edges. Sprinkle with cilantro (or Italian parsley, if preferred) and toasted pine nuts. Serve with torn or cut pita for scooping.