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ARTICHOKE BABAGANOUSH FOR A LESS OBVIOUS PICNIC

This summer, how about preparing a picnic by the pool? But what if, instead of hot dogs and hamburgers, you tried **a lighter, fresher recipe for a change?** I don't mean to put down the more traditional options, but you can also enjoy something new with friends and the kids while supporting your health and, above all, enjoying the flavor! And this combo serves up **real food, made at home, with fresh and delicious ingredients.**

Below is a perfectly refreshing recipe ideal for dipping with carrot and cucumber sticks, and smothering on endive canoes and seed toast. **Babaganoush comes from the Middle East and is traditionally made with eggplant, but in this recipe we use artichokes,** which have a higher fiber content, anti-inflammatory properties, and are rich in vitamins and minerals.

Ingredients:

- 2 pounds of artichoke hearts
- 1 finely chopped red onion
- 2 crushed garlic cloves
- 2 large tablespoons of tahini paste (about 50g)
- 1 lemon (zest and juice)
- 2 teaspoons of cumin powder
- 1/2 bunch of cilantro
- 1/2 small chili pepper
- Olive oil (can be smoked oil)
- Sea salt to taste
- Ground black pepper to taste

Preparation

1. Preheat the oven to 400°F. Place the artichoke hearts in a baking dish and season with olive oil, salt and pepper. Bake the hearts for 20 minutes or until tender.
2. While these are roasting, cut the chili in half lengthwise and remove the seeds with the back of a spoon and discard them. Peel and then chop the red onion and garlic in a food processor. Wash, dry and chop the cilantro.
3. Crush the cooked artichokes with the help of a knife on a cutting board or puree them in a food processor.
4. Place the artichoke puree in a bowl along with the onion and garlic puree, chili, cilantro, cumin, lemon zest and tahini, and mix well.
5. Add enough olive oil until you get a homogeneous texture. Give it a fresh touch of lemon juice and add salt and pepper.