



Makes 3 cups
Preparation Time: 15 minutes
Cook Time: 30 minutes

INGREDIENTS:

2 large eggplants (2 to 2½ lb. total)
3 tablespoons lemon juice
2 tablespoons tahini
1 ice cube
3 small cloves garlic, minced
Sea salt, to taste
⅓ teaspoon sumac
1 tablespoon finely chopped fresh parsley
1 tablespoon pomegranate arils, for garnish (optional)

Moutabal (Eggplant Dip)

Lebanese-style moutabal is a delicious eggplant dip that's best served alongside pita bread wedges, fresh veggies, or [oil-free falafels](#). While some recipes call for the addition of Greek yogurt to add creaminess, our vegan version relies on nutty [tahini](#) and zesty lemon juice to achieve a velvety texture. When picking out eggplants for this recipe, look for ones that are firm, shiny, and heavy for their size (which is a signal of freshness). They're broiled whole in the oven to char the skin and infuse the tender insides with a slightly smoky flavor, so picking quality produce is key for a tasty result. Top your moutabal with sumac, parsley, and [pomegranate seeds](#) to create a drool-worthy dip that makes for a great party appetizer or sandwich spread.

For more vegan dips, check out these tasty ideas:

- [Chipotle Black Bean Dip](#)
- [Harissa Hummus](#)
- [Creamy Dairy-Free Dill Ranch Dip](#)
- [Tahini Dipping Sauce](#)

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- 1 Preheat broiler. Place whole eggplants on a baking sheet; broil 4 to 5 inches from heat 20 to 25 minutes or until a fork easily pierces the flesh, turning once halfway through.
- 2 Transfer eggplants to a large bowl; cover with a clean dish cloth. Let eggplants stand 10 to 15 minutes or until cool enough to handle. Peel eggplants, discarding skin and stems and scooping eggplant flesh into a medium bowl. Drain off any liquid that collects in bowl.
- 3 In a food processor combine lemon juice, tahini, ice cube, garlic, and salt. Process to a thick paste. Add eggplant. Process until incorporated. Continue processing to reach desired texture.
- 4 Serve dip at room temperature garnished with sumac, parsley, and pomegranate arils (if using).