Recipe Name	**Israeli Eggplant – serves 2-4**

Ingredients:
2 Italian globe eggplants
Avocado oil spray
Seasoning of choice (salt, pepper, paprika, and garlic)
¼ cup tahini
1 large clove garlic, minced
1 1/2 Tbsp. lemon juice
1 tsp. date syrup
Kosher salt & pepper
Toasted pine nuts
¼ cup flat leafed parsley, chopped
Pomegranate arils

Directions

1. Heat oven to 400 degrees

2. Cut eggplants in half lengthwise and using a paring knife, create a cross-hatch in the eggplant about ½" deep. Spray eggplant pieces top and bottom with avocado oil spray and season all sides.

3. Place seasoned and oiled eggplant on a rimmed baking tray, flesh side up and roast for 45-50 minutes until tender.

4. While eggplant is roasting, combine tahini, minced garlic, lemon juice, date syrup, salt and pepper in a bowl and stir to combine. Add ice cold water 1 Tbsp. at a time until you reach the desired consistency to drizzle over the eggplant.

5. Toast 3-4 Tbsp. pine nuts in a dry skillet over medium heat for 2-4 minutes until beginning to turn golden and fragrant. Remove from hot pan to a small bowl to cool.

6. Chop parsley and set aside. Remove pomegranate arils from fruit if not already done.

7. When eggplant is tender, remove from oven and let cool for 3-5 minutes before plating. Thin down tahini sauce with another Tbsp. of cold water if needed and drizzle sauce over eggplant.

8. Sprinkle with toasted pine nuts, chopped parsley and pomegranate arils.

Enjoy as a side dish along with your favorite protein or as nutrient dense vegan entrée.