Top tip:

Aubergines are rich in antioxidants, particularly nasunin which is found in the skin and gives them their purple colour. They are also an excellent source of soluble fibre.

**Baba Ganoush with Tortilla Crisps**

**Serves: 4**  (as a snack)

2 medium aubergines, washed and pricked all over with a fork
3T tahini paste
1T olive oil
1-2 cloves garlic, roughly chopped
Zest and juice of 1 lemon
Salt and black pepper
Pinch of chilli (optional)
4 wholewheat tortilla wraps

**Method:**

To make Baba Ganoush:
Preheat oven to 200°C.
Roast whole aubergines in oven for about 45 minutes or until soft.
Remove from oven and allow to cool.
Slice open and scoop out flesh.
Blend in a food processor together with the tahini, olive oil, garlic, lemon zest and juice, a sprinkle of salt and pepper and a pinch of chilli.
Whiz until smooth.
Serve with the tortilla chips or crudité.

To make tortilla crisps:
Preheat oven to 200°C.
Slice tortilla wraps into bite-sized triangles and place onto a baking tray.
Bake in oven for about 10-12 minutes or until golden and crisp.