



Shabbos Eggplant

Instructions:

Make three slits lengthwise from top to bottom in the eggplant, evenly spaced. Cut deep enough to be able to insert spices.

In each slit put two basil cubes, two parsley cubes, and 2-3 cloves of garlic. Add a teaspoon of salt, 1/2 teaspoon garlic powder, and a shake of pepper to each slit.

Spray one second of Pam in each slit. Cover the eggplant and place in oven on 375 for two hours.

Scoop out the inside of the eggplant and mix.

If you are allowed all the ingredients in this recipe, or you were advised you may have any group 2 recipe, this recipe is allowed on your diet.

Prep Time:

5 minutes

Cook Time:

2 hours

Ingredients:

1 medium eggplant

6 basil cubes

6 parsley cubes

6 - 9 cloves garlic

3 tsp. salt

1 1/2 tsp. garlic powder

black pepper

Pam