

BABAGABOUSH



INGREDIENTS

2 large eggplants
2 Tbsp. Fage Yogurt
4 cloves of garlic, peeled and crushed
2 Tbsp. freshly squeezed lemon
½ tsp. olive oil
1 c. chopped tomato
½ cup diced onion
¼ tsp. cumin
¼ tsp. Salt
¼ tsp. pepper
1 tsp. parsley flakes or a few fresh sprigs for garnish

DIRECTIONS

Pre-heat oven to 400 degrees. Slice eggplants in half and pierce in several places with fork. Roast until soft (approximately 1 hour) and remove from oven. Scoop out inside of eggplant and blend with all the other ingredients. *Garnish with parsley if desired and serve at room temperature or chilled.