

Low-Point Eggplant Basil Spread

Ingredients:

- 1 medium raw eggplant
- 1 cup fresh basil, packed
- 10 green olives
- 1 clove of garlic
- 1/2 to 1 tsp. coarse salt (to taste)

Heat oven to 375 degrees. Cut eggplant in half lengthwise. Place eggplant halves cut-side down on a baking sheet coated with cooking spray. Roast until eggplant is soft (about 30 minutes). Cool and then remove inside flesh with a knife or spoon, trying to remove most of the seeds. Place in a food processor with all other ingredients and blend until combined. Add more salt, if desired.

Total servings - 10 Tbs (approximately)

Serving size - 3 Tbs

Points per serving - .4

1.5 points for all 10 Tbs! Enjoy!

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"If there's no way out, how did you get in?" - Anonymous