



# Feta, Garbanzo & Eggplant Pita Sandwiches

(ADAPTED FROM BON APPETIT TEST KITCHEN)



**Yield:** Makes 6 pita halves

## Ingredients

- 2 tbsp extra virgin olive oil
- 1 lb of eggplant, cut into  $\frac{3}{4}$  inch cubes
- 1  $\frac{1}{2}$  cup onions, chopped
- 15  $\frac{1}{2}$  oz can garbanzo beans (chickpeas),  $\frac{1}{2}$  cup juices reserved
- 1 tbsp ground cumin
- 1 tbsp fresh lemon juice
- 4 tbsp chopped fresh mint, divided
- 3 pita bread rounds, warmed in oven or toasted

## Optional

- 5 tbsp crumbled feta cheese

## Instructions

Heat oil in large nonstick skillet over medium-high heat. Add eggplant cubes and onions; sauté until soft and beginning to brown (~ 9 minutes).

Stir in garbanzo beans (chickpeas), cumin and lemon juice. Sauté until heated through and flavors blend, adding enough garbanzo bean liquid by tablespoonfuls to moisten if mixture is dry (~4 minutes).

Stir in 3 tablespoons mint and 3 tablespoons of feta (optional). Season generously with salt and pepper.

Cut pita breads crosswise in half. Spoon eggplant mixture into pita breads. Sprinkle filling with remaining mint and feta (optional) and serve.

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## Description

This Mediterranean-inspired dish is a creative way to try eggplant and is completely vegetarian! The lemon juice lightens this meal, while the feta adds some creaminess. Protein and fiber are plentiful with this dish between the chickpeas, eggplant and whole-grain pita (if using).



**FARMERS**  
MARKET

## Farmers Market Finds

- Eggplant
- Onion
- Fresh Mint



**GROCERY**  
STORE

## Grocery Store Grabs

- Olive Oil
- Chickpeas\*
- Cumin
- Pita bread^
- Lemon or Lemon Juice
- Feta Cheese (optional)

*\*Canned ^whole-grain if possible*

## Biblio Bistro

Biblio Bistro is a fun, quick and dynamic video series featuring local, nutritious and seasonal produce. It's made in partnership with Portage Lake District Library. See how to cook this recipe at [pdl.org/biblio-bistro](http://pdl.org/biblio-bistro).

## Substitutes

Could use white beans, black beans or kidney beans in place of chickpeas.

Could also use chicken breast or beef strips in place of chickpeas, if preferring a higher protein content.

Could use rice in place of pita for a gluten-free option (make Mediterranean bowls instead of sandwiches!).

## Pairs with

This entrée would pair well with grilled veggie kabobs, marinated cucumber and tomato salad, pickled veggies, or fresh fruit. If serving with raw or pickled veggies, hummus or baba ghanoush (a roasted eggplant dip) would be another Mediterranean addition that would work well with this meal!