Eggplant Shawarma

with Tzatziki, Hummus & Baked Sweet Potato Rounds

This hearty, Arabic dish uses
a delicious, complex blend of
six spices. You'll coat eggplant
in this savory mixture and
sauté it to blossom the flavors
and toast each spice to
armatic perfection. Served
with a tangy tzatziki yogurt
sauce and roasted sweet potato
rounds, this meal takes street
food to new, vegetarian heights.





Ingredients

- 3 Cloves Garlic
- 1 Bunch Fresh Dill
- 1 Eggplant
- 1 Lemon
- 1 Mini Cucumber
- 1 Yellow Onion
- 1 Red Bell Pepper
- 2 Sweet Potatoes
- 1/4 Head Romaine Lettuce
- 6 Oz. Plain Nonfat Greek Yogurt
- 2 Whole Wheat Pitas
- ½ Cup Hummus
- 2 Teaspoons Shawarma Spice Blend

(Cumin, Coriander, Tumeric, Cinnamon, Paprika & Cardamom)

Makes 2 Servings About 500 Calories Per Serving

Instructions



Prepare the ingredients:

Preheat the oven to 425°F. Wash and dry the fresh produce. Peel and mince the garlic then, using the flat side of your knife, smash until it resembles a paste. Peel the eggplant, cut into 1-inch cubes and toss with the **Shawarma spice blend**. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest. Quarter the lemon and remove the seeds. Small dice the cucumber. Peel the onion. Thinly slice the onion and romaine. Remove and discard the stem, seeds and ribs of the bell pepper; thinly slice the pepper. Slice the sweet potatoes into ½-inch rounds. Pick the dill off the stems; discard the stems and finely chop the dill.



Bake the sweet potatoes:

Toss the **sweet potato rounds** with enough olive oil to thoroughly coat and season with salt and pepper. Arrange in a single layer on a sheet pan, place in the oven and bake 28 to 30 minutes, or until browned, flipping halfway through. Remove from oven.



Make the tzatziki sauce:

While the sweet potatoes bake, in a small bowl, combine the Greek yogurt, lemon zest, dill, cucumber, a big pinch of garlic paste (save the rest for the vegetables) and the juice of 2 lemon wedges. Season with salt and pepper, cover and refrigerate while you finish cooking.



Cook the eggplant:

When the sweet potato rounds are about halfway done, in a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **seasoned eggplant** and cook, stirring occasionally, 2 to 4 minutes, or until slightly softened. Season with salt and pepper and add the **onion, pepper** and **remaining garlic**. (If the pan is too dry, add another teaspoon of olive oil.) Cook, stirring occasionally, 3 to 5 minutes, or until softened. Season with salt and pepper.



Toast the pitas:

Using tongs, place the **pitas** directly on the oven rack and toast for 2 to 4 minutes, or until warmed and toasted. Remove from oven and cut into half circles.



Plate your dish:

Spread a layer of **hummus** inside each pita half then fill with the **eggplant mixture**. Top with the **lettuce and tzatziki sauce**. Divide the **filled pitas** and **baked sweet potato rounds** between 2 plates. Garnish with the **remaining lemon wedges**. Enjoy!