

Eggplant (Aubergine) Gyro

By LoriInIndiana on June 05, 2006 ★★★★★ ☆ 13 Reviews

Prep Time: 30 mins Total Time: 30 mins Servings: 4

About This Recipe

"A meatless twist on the classic Greek sandwich. There is no accident in the multiple measurements of EVOO, it calls for them all. Posted for Zaar World Tour 2."



Photo by Muffin Goddess

Ingredients

Sauce

- 1/2 cup plain low-fat yogurt
- 1/2 cup feta cheese, crumbled
- 1 tablespoon fresh lemon juice
- 1 teaspoon extra virgin olive oil
- salt and pepper

Filling

- 2 cups tomatoes, seeded and diced
- 1 cup cucumber, peeled, seeded, diced
- 1/3 cup scallion, diced
- 1/3 cup kalamata olive, pitted, halved
- 2 tablespoons red wine vinegar
- 2 tablespoons chopped fresh flat leaf parsley
- 1 tablespoon chopped fresh oregano
- 1 tablespoon extra virgin olive oil (yes, that's a 2nd measurement)
- 1 large eggplant, trimmed and diced into 3/4-inch pieces
- 2 tablespoons olive oil (3rd measurement)

Pitas

- 4 pita bread
- salt

Directions

1. Preheat broiler to high.
2. Combine all ingredients for the sauce in a small bowl; set aside.
3. Toss tomatoes, cucumbers, scallions, olives, vinegar, parsley, oregano, oil, salt, and pepper together in a large bowl. Chill until ready to use.

Eggplant (Aubergine) Gyro (cont.)

Page 2 of 2

Directions

4. Saute eggplant in oil over medium-high heat 3 minutes. Add to vegetable mixture.
5. Brush pitas with oil, season with salt, and broil until lightly toasted on both sides.
6. Assemble by placing each pita on top of a sheet of foil or parchment paper.
7. Drizzle 1/4 cup of sauce down the center of the pita and place about 1 cup of vegetables on top of the sauce.
8. Wrap foil or paper around pita and serve.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (406 g)		Total Fat 18.1g	27%
Servings Per Recipe: 4		Saturated Fat 5.0g	25%
Amount Per Serving	% Daily Value	Cholesterol 18.5mg	6%
Calories 405.3		Sugars 10.0 g	
Calories from Fat 163	40%	Sodium 645.5mg	26%
		Total Carbohydrate 50.4g	16%
		Dietary Fiber 7.9g	31%
		Sugars 10.0 g	40%
		Protein 12.4g	24%

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