



Crispy Eggplant Pita Pockets

Servings: 4

Equipment:

Knife, cutting board, baking tray, measuring spoons and cups, air fryer or oven

Ingredients:

- 1 Eggplant, sliced
- 1 large Red Bell Pepper, sliced
- 4 cups Spinach, raw
- 1 cup Onion, sliced
- 1/4 cup All-purpose Flour
- 1 Large egg, beaten
- 1 cup cups Panko Bread Crumbs
- 4 Whole Wheat Pita Pockets
- 8 Tbsp Tzatziki Sauce
- 2 Tbsp Extra Virgin Olive Oil
- 1 Tbsp Lemon Pepper
- 2 tsp Oregan, dried
- 2 tsp Garlic powder
- 2 tsp Onion powder

Preparation:

1. Slice eggplant, sprinkle with salt, and rest on baking tray for 30-60 minutes to release excess liquid. When time is complete, pat dry with a paper towel.
2. Place panko bread crumbs into a shallow dish or plastic bag for dredging. Add seasonings to bread crumbs and combine well.
3. Dredge eggplant slices in all-purpose flour, coat in beaten egg, then dredge in seasoned panko mixture. Place breaded eggplant on baking tray coated or sprayed with oil.
4. Bake in a 400 degree oven for 12-15 minutes on one side until golden brown, then turn over and bake for another 12-15 minutes on the other side until golden brown.
5. Add to prepared pita pocket with bell pepper slices, onion slices, spinach, and Tzatziki sauce.
6. Enjoy!

Nutrition Facts per serving:

Calories 575.5

Total Fat 13g (17%)
Saturated Fat 3.2 g (16%)
Trans Fat 0.1g
Cholesterol 56.2mg (19%)
Sodium 1088.9mg (47%)
Total Carbohydrate 96.4g (35%)
Dietary Fiber 14.1g (51%)
Total Sugars 14.4g
Added Sugars 0.5% (1%)
Protein 21.1g
Vitamin D 0.3mcg (2%)
Calcium 191mg (15%)
Iron 5.5mg (30%)
Potassium 878mg (19%)

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