

# Chickpea and Eggplant Pita Pockets



## Food Prep Skills

- *Washing and chopping eggplant (and de-seeding if using non-Japanese eggplants)*
- *Chopping onions*
- *Rinsing canned items*

## Cooking Skills

- *Baking/roasting pitas*
- *Sautéing vegetables*

## Ingredients (4 to 6 servings)

- 6 4-inch pita breads
- 2 Tbs. olive oil
- 1 lb. Japanese eggplant, unpeeled, cut into 3/4-inch cubes
- 1 1/4 cups chopped sweet onions, preferably Vidalia
- 1 15.5-oz. can chickpeas, drained, 1/2 cup liquid reserved
- 1 Tbs. fresh lemon juice
- 2 tsp. ground cumin
- 3 Tbs. minced fresh mint

## Directions

1. Preheat oven to 350°F. Stack pitas in foil, and wrap. Bake until heated through, about 10 minutes.
2. Meanwhile, heat oil in large nonstick skillet over medium-high heat. Add eggplant and onions, and cook, stirring often, until softened and beginning to brown, about 10 minutes.
3. Add chickpeas, lemon juice and cumin, and cook, stirring occasionally, about 5 minutes, or until heated through. If mixture seems dry, add enough chickpea liquid to moisten. Stir in mint. Season to taste with salt and pepper.
4. Remove pitas from oven, and fill with eggplant mixture. Serve warm.

## Ingredient Cost

\$1.50/serving

## Nutrition Per Serving

- Calories 224
- Protein 11g
- Total Fat 6.5g (1g saturated)
- Carbohydrates 58g
- Cholesterol 0
- Sodium 541mg
- Fiber 8g
- Sugar 7g

## Recipe Source:

<http://www.vegetariantimes.com/recipes/10195?section>

## Ingredient Substitutions/Alterations

- Can substitute whole wheat pitas
- Other beans can be used in place of chickpeas: navy beans and black-eyed peas; less costly in dry bulk