

Pita Sandwiches with Eggplant, Peppers, Tomatoes and Cucumber

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Yield/Makes 6 servings

Ingredients

sauce

1 cup nonfat plain yogurt

1/2 cup light mayonnaise

1 7-ounce jar roasted red peppers, drained, chopped

1/3 cup packed fresh basil leaves, thinly sliced

1 large garlic clove, pressed

sandwiches

Nonstick vegetable oil spray

1/4 cup olive oil

1/4 cup balsamic vinegar or rice vinegar

1 1/2 tablespoons dried oregano

2 eggs

2 tablespoons water

Fresh breadcrumbs made from French bread

All purpose flour

1 medium eggplant (about 1 1/4 pounds), unpeeled, cut crosswise into 1/4-inch-thick slices

6 pita bread rounds

4 plum tomatoes, sliced

1 cucumber, cut diagonally into 1/4-inch-thick slices

2 red/orange peppers roasted, peeled and seeded, cut into strips

Preparation

for sauce:

Whisk yogurt, mayonnaise, peppers, basil and garlic in medium bowl to blend. Season to taste with salt and pepper. Cover and refrigerate. for sandwiches: Preheat oven to 425°F. Spray 2 heavy large baking sheets with vegetable oil spray. Whisk olive oil, vinegar and oregano in small bowl to blend. Season to taste with salt and pepper. Whisk eggs and 2 tablespoons water in medium bowl to blend. Place breadcrumbs in shallow dish. Place flour in another shallow dish. Lightly dust each eggplant slice with flour; dip eggplant into egg mixture and then into breadcrumbs, coating completely. Place eggplant slices on prepared baking sheets. Drizzle with olive oil mixture. Let stand 15 minutes. Bake until brown on both sides and tender, turning occasionally, about 35 minutes. Remove from oven; cool eggplant on baking sheets.

Place 2 or 3 eggplant slices in each pita. Stuff each pita equally with tomatoes, cucumber and red pepper strips. Drizzle 1/3 cup sauce over filling in each pita and serve.