

GREEK EGGPLANT BURGERS

Higher Fiber, Lower Saturated Fat, Vegetarian

Serves: 8 (Serving= 1 eggplant burger)

Nutrition (per serving)

Calories: 353

Total Fat: 13 g

Saturated Fat: 2 g

Sodium: 608 mg

Total Carbohydrate: 47 g

Dietary Fiber: 9 g

Total Sugars: 7 g

Protein: 15 g



Ingredients

Eggplant Patty

- 1 eggplant, sliced into ½ inch rounds
- 1 ½ cups crushed Original Multi-Grain Sun Chips®
- 2 eggs, beaten
- 1/3 cup white whole wheat flour
- 2 teaspoons garlic powder

Tzatziki Sauce

- 5.3 ounce container non-fat, plain Greek yogurt
- 3 Tablespoons chopped cucumber
- 1 teaspoon lemon juice

- 2 teaspoons dried parsley
- ½ teaspoon dried thyme leaves
- ½ teaspoon dried oregano leaves
- 8 whole wheat hamburger buns
- Cooking spray

- 1 clove garlic, minced
- ½ teaspoon dried dill weed



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Additional toppings

- ½ cup hummus
- ½ cup crumbled feta cheese
- 24 Kalamata olives, sliced
- Tomato slices
- Red onion slices

Directions

1. Preheat oven to 400° F. Spray baking sheet and raised metal rack with cooking spray.
2. Place Sun Chips®, eggs, and flour in three separate shallow bowls. Stir in the garlic powder, parsley, thyme, and oregano to the crushed sun chips.
3. With each of the eggplant slices: first coat the eggplant slice in flour, then dip the slice in the beaten egg, lastly coat the slice with sun chips and place on raised rack.
4. Bake for 10 minutes. Flip and bake another 10 minutes.
5. For the tzatziki sauce: combine all ingredients in a small bowl and stir well to combine.
6. For assembly: place 1 eggplant slice on a hamburger bun and add desired toppings.