

# Hummus and Eggplant Sandwiches or Roll-Ups

Original recipe from Judy Bart Kancigor, but I adapted it some to the sandwich style

Judy Bart Kancigor, from *Melting Pot Memories* (cookbook), [www.cookingjewish.com](http://www.cookingjewish.com)



*Just delicious!*

## HUMMUS:

- 2 large garlic cloves
- 1 teaspoon salt
- 15 ounces garbanzo beans, canned, drained, save juice
- 1/2 cup tahini
- 1/2 cup water, or juice from garbanzos
- 1/4 cup vegetable oil
- 4 tablespoons lemon juice, or to taste
- 1/8 teaspoon white pepper
- 1/8 teaspoon cayenne pepper
- 1 teaspoon ground cumin

## EGGPLANT:

- 1 1/4 pounds eggplant, whole, purple type, no bruises

- 1/4 cup olive oil

## DRESSING:

- 1/4 cup balsamic vinegar
- 1/2 cup olive oil
- 1 teaspoon sugar
- 1/2 teaspoon salt, or to taste
- 1/4 teaspoon black pepper, or to taste
- 1/2 bunch fresh cilantro, chopped
- 1/4 cup pine nuts, toasted
- 2/3 cup Feta cheese, preferably sheep's milk, crumbled

## SANDWICH PART:

- 10 ounces sangak bread, or other soft flatbread
- Serving Ideas: Serve with pita bread wedges, either plain or toasted lightly in the oven.*

## Appetizers

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

## Servings: 10

Preparation Time: 40 minutes

*The eggplant takes on a very rich mahogany color and when you serve this on a big platter with the eggplant on top, it's very colorful. You don't use all of the dressing, so the nutritional information is misleading. I've only guessed at the amount of bread, but I think this would serve 8-10 moderate eaters.*

1. HUMMUS: Turn on processor and drop in garlic cloves, and process until minced. Add salt and allow to sit while you collect the ingredients down through ground cumin. Add those items to the processor and blend until smooth. If mixture is too thick, add water. This makes about 2 cups of hummus.
2. EGGPLANT: Slice the eggplant in 1/3 inch thick slices, or slightly thicker. Heat just enough oil in the bottom of a large skillet and fry over medium-high heat, in batches, on both sides until the eggplant is cooked, brown and slightly crisp, approximately 5 minutes per side. Drain on paper towels, then coarsely chop. Place in bowl.
3. DRESSING: Meanwhile, combine in a lidded jar the balsamic vinegar, oil, sugar, salt and pepper and shake until combined. An hour before serving, pour about 2 T. of the dressing over the eggplant and stir. Set aside.
4. Toast the pine nuts in a hot skillet until barely brown. Set aside. Chop cilantro a few minutes before serving. Cut sangak bread into flat strips (about 2 1/2" x 5 inches long).
5. SERVE: spread the hummus on sangak bread (or flatbread) slices. Spoon the eggplant over the top and sprinkle with cilantro (or Italian parsley, if preferred) Feta and toasted pine nuts. Serve flat (open-faced) or roll the pieces up into a roll-up and serve as finger food.

## Yield: 4 cups

Per Serving (excluding unknown items): 377 Calories; 33g Fat (74.9% calories from fat); 7g Protein; 18g Carbohydrate; 4g Dietary Fiber; 9mg Cholesterol; 575mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 6 Fat; 0 Other Carbohydrates.