



WELCOMING WEEK FAMILY RECIPES

Hadeel, Zumba instructor at the Maple Street YMCA & Twin Rivers YMCA, shared this recipe that she learned from her auntie in Jordan. Eggplant Fetah is enjoyed all over the Middle East in many forms, some with meat, some without.

Eggplant Fetah!

- 2-3 Eggplants, sliced into rounds
- 1 onion, chopped
- Ground beef, 1 pound
- Garlic (4 cloves)
- One box or bag plain pita chips
- Cooking oil or cooking spray
- 1-2 tomatoes
- One large container plain yogurt
- 2-3 TBSP Tahini sauce
- One lemon
- Salt & black pepper
- A bottle of pomegranate sour (can be found at Middle Eastern grocery stores)
- About 3/4 cup almonds, toasted
- Parsley

Slice your eggplant into rounds about 1/4 – 1/2 inch thick. Cook the eggplant until soft. There are a few ways to do this: fry the slices in oil, cook them in a pan, or bake them at 400 degrees until soft. Set aside.

Chop your onion & garlic (2 cloves) and add it to a pan with the ground beef and cook until done. Season with salt & pepper to taste. Chop the tomatoes and add to the beef mixture. Set aside.

To make the yogurt sauce: In a bowl, add the entire container of yogurt, 2 chopped garlic cloves, 2-3 TBSP of the tahini sauce, the juice of 1 lemon, and salt & pepper to taste. Stir and set aside.

Toast your almonds in a pan; be careful not to over-brown! Set aside.

Time to make the casserole layers!

In a casserole dish, add a layer of pita chips, then sprinkle some of the pomegranate sour over the chips. Next, add the ground beef mixture. After the beef, add a layer of the cooked eggplant slices. Then, add all the yogurt sauce. Now you can decorate the top with the toasted almonds & parsley.

This dish is served at room temperature. Scoop all the delicious layers onto a plate and enjoy!