

EGGPLANT FRIES WITH FIXATE TZATZIKI SAUCE^o

SERVES: 8 (5 fries each with 3 Tbsp. tzatziki) Prep Time: 30 min. Cooking Time: 21 min.

CONTAINER EQUIVALENTS:  1  ½



One issue when substituting a baked version of something that is normally deep-fried, is that it's difficult to get a properly browned exterior without overcooking the interior. Here we demonstrate a simple work-around. By pre-toasting our bread crumbs in a dry pan before we bread our eggplant, our fries come out of the oven a delicious, deep brown without all the extra fat that comes from traditional fries!

- | | | | |
|----------------|--------------------------------------------------------------------------------|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1¼ cups | whole wheat panko bread crumbs | 1. | Preheat oven to 425° F. |
| ½ tsp. | ground smoked paprika | 2. | Combine bread crumbs, paprika, chili powder, cumin, coriander, garlic powder, onion powder, and oregano in large nonstick skillet; cook, over medium to medium-high heat, stirring constantly, for 3 to 5 minutes, or until golden brown. Remove from skillet and place on a large plate (or shallow pan). |
| ½ tsp. | chili powder | 3. | Dip each eggplant fry into flour, then eggs, then bread crumb mixture. Place on large baking sheet. Repeat with remaining fries. Make sure there is a little space between each fry. Discard excess flour, eggs, and bread crumb mixture. |
| ¼ tsp. | ground cumin | 4. | Bake for 14 to 16 minutes, or until eggplant is fork tender and breading is deep brown. |
| ¼ tsp. | ground coriander | 5. | Season with salt and pepper; serve five fries with 3 Tbsp. FIXATE Tzatziki. |
| ½ tsp. | garlic powder | | |
| ½ tsp. | onion powder | | |
| ¾ tsp. | dried oregano leaves | | |
| 1 | medium eggplant, peeled, cut into 40 ½-inch-thick fries (about 1¼ lbs.) | | |
| ½ cup | all-purpose flour | | |
| 3 | large eggs, lightly beaten | | |
| ¾ tsp. | sea salt (or Himalayan salt) | | |
| ½ tsp. | ground black pepper | | |
| ¾ cup | FIXATE Tzatziki Sauce (see separate recipe for FIXATE Tzatziki Sauce) | | |

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.


NUTRITIONAL INFORMATION (per serving): Calories: 95 Total Fat: 2 g Saturated Fat: 1 g Cholesterol: 41 mg Sodium: 325 mg Carbohydrates: 15 g Fiber: 3 g Sugars: 3 g Protein: 5 g

Recipes containing the  icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.



FIXATE TZATZIKI SAUCE

SERVES: 8 (approx. 3 Tbsp. each) Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS: Free (¾ cup equal to  ½)


- 1 cup** reduced-fat (2%) plain Greek yogurt
- 1 Tbsp.** fresh lemon juice
- 1 tsp.** finely grated lemon peel (lemon zest)
- 1 clove** garlic
- ½ tsp.** sea salt (or Himalayan salt)
- ½ cup** coarsely chopped seeded cucumber (approx. ⅓ medium)
- 2 tsp.** fresh dill
- 2 tsp.** fresh mint leaves
- ¼ tsp.** ground black pepper

- 1.** Place yogurt, lemon juice, lemon peel, garlic, salt, cucumber, dill, mint, and pepper in food processor; process until smooth.

RECIPE NOTE:

- Refrigerate leftover tzatziki sauce in an airtight container for up to 4 to 5 days.

NUTRITIONAL INFORMATION (per serving): Calories: 24 Total Fat: 1 g Saturated Fat: 0 g Cholesterol: 1 mg Sodium: 152 mg Carbohydrates: 2 g Fiber: 0 g Sugars: 1 g Protein: 3 g

Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the  icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.