



Grill-roasted Vegetable Pita Sandwiches with Grilled Lamb

READY IN



45 min.

SERVINGS



8

CALORIES



732 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons balsamic vinegar
- 1.5 teaspoons pepper black divided freshly ground
- 3 teaspoons coarse kosher salt divided
- 1 large eggplant quartered cut into 1-in.-thick slices
- 0.5 cup feta cheese crumbled
- 3 cloves garlic chopped
- 2 pounds lamb loins cut into 1 1/2-in. chunks
- 9 tablespoons olive oil extra-virgin divided

- 8 pitas mini halved
- 2 bell peppers red stemmed seeded sliced into 3/4-in.-wide wedges
- 2 onions red peeled sliced into 1-in.-wide wedges
- 0.5 cup red wine
- 3 roma tomatoes seeded quartered
- 0.3 cup soya sauce
- 0.3 cup walnuts coarsely chopped
- 2 tablespoons worcestershire
- 2 small zucchini sliced

Equipment

- bowl
- frying pan
- baking sheet
- whisk
- grill
- stove
- skewers
- metal skewers

Directions

- In a large bowl, whisk together 2 tbsp. olive oil, soy sauce, Worcestershire, red wine, 1 tsp. salt, and 1/2 tsp. pepper. Stir in lamb and refrigerate 3 hours or overnight.
- Prepare a gas or charcoal grill for indirect heat. If using a gas grill: Turn all burners to high and close lid. When temperature inside grill reaches 400, lift lid and turn off one of the burners. The area over the turned-off burner is the indirect heat area. If using a charcoal grill: Light 50 to 60 briquets and let burn until covered with ash, 20 to 30 minutes. Mound to one side. The area over the section cleared of coals is the indirect heat area.
- In a large bowl, toss peppers, onions, eggplant, zucchini, and tomatoes with remaining olive oil, remaining salt and pepper, and garlic.

- Transfer vegetables to a rimmed baking sheet (not nonstick).
- Put baking sheet on indirect heat area and cook until vegetables are beginning to get very tender, 30 to 60 minutes, tossing vegetables every 15 minutes.
- Drizzle vegetables with balsamic vinegar, toss to coat, and cook 15 minutes more.
- Remove baking sheet from grill and let vegetables cool.
- Prepare grill for lamb: If using gas, turn all burners to medium-high. If using charcoal, add about 5 briquets (if the coals look significantly burned down) to bring the heat back to medium-high.
- Toast walnuts in a medium frying pan over low heat on the stovetop, tossing frequently, until light golden and fragrant, about 10 minutes.
- Transfer to a medium bowl and toss with feta and cooled vegetables.
- Skewer lamb onto 4 metal skewers (10 to 12 in.) and grill 5 minutes per side for medium (if using charcoal, grill over direct heat). With a fork, push lamb off skewers and into a bowl.
- Spoon vegetable mixture into halved pita and top with lamb if you like.

Nutrition Facts

PROTEIN 15.71% **FAT 59.46%** **CARBS 24.83%**

Properties

Glycemic Index:53.5, Glycemic Load:31.75, Inflammation Score:-8, Nutrition Score:26.082173710284%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 49.36mg, Delphinidin: 49.36mg, Delphinidin: 49.36mg, Delphinidin: 49.36mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 732.29kcal (36.61%), Fat: 47.75g (73.47%), Saturated Fat: 15.38g (96.12%), Carbohydrates: 44.85g (14.95%), Net Carbohydrates: 39.82g (14.48%), Sugar: 7.43g (8.26%), Cholesterol: 91.12mg (30.37%), Sodium: 1815.82mg (78.95%), Alcohol: 1.59g (100%), Alcohol %: 0.5% (100%), Protein: 28.39g (56.79%), Vitamin C: 50.79mg (61.57%), Vitamin B3: 9.42mg (47.1%), Vitamin B12: 2.78µg (46.3%), Manganese: 0.83mg (41.57%), Zinc: 5.15mg (34.34%), Phosphorus: 341.72mg (34.17%), Selenium: 23.59µg (33.7%), Vitamin B2: 0.49mg (28.6%), Vitamin B1: 0.38mg (25.65%), Vitamin B6: 0.5mg (24.91%), Vitamin A: 1243.97IU (24.88%), Potassium: 791.98mg (22.63%), Vitamin E: 3.35mg (22.36%), Iron: 3.86mg (21.44%), Folate: 84.4µg (21.1%), Vitamin K: 21.24µg (20.23%), Fiber: 5.04g (20.15%), Copper: 0.39mg (19.59%), Magnesium: 75.05mg (18.76%), Calcium: 149.92mg (14.99%), Vitamin B5: 1.48mg (14.84%), Vitamin D: 0.15µg (1.01%)