



Crispy Eggplant and Harrisa Flatbread with Greens

6 Servings • 1 Serving = 2 Slices

INGREDIENTS

- 1 ½ cups all-purpose or bread flour, plus more for kneading
- 1 ½ cups whole wheat flour
- 2 teaspoons instant yeast
- 1 teaspoon salt
- 3 Tablespoons extra virgin olive oil, divided and more for brushing, if needed
- 1 cup water, plus more, if needed
- ½ cup of harrisa
- 1 small eggplant, ends removed, sliced ½" thick
- 1 shallot, sliced ½" thick
- Salt and freshly ground black pepper, as needed
- 4 cups red winter kale
- Large handful of mint leaves, roughly chopped
- Large handful of flat parsley, roughly chopped
- Juice of ½ lemon
- 2 Tablespoons agave nectar

DIRECTIONS

1. Place 1 ½ cups all-purpose or bread flour, whole wheat flour, yeast, salt, and 2 Tablespoons of oil in a food processor or blender. Blend, then add water. Mix until the mixture forms into a ball (it should be sticky). If the mixture is too dry, add more water, 1 Tablespoon at a time. If the mixture does not come together, add more flour, 1 Tablespoon at a time.
2. Shape the dough into a ball and wrap in plastic wrap. Let it rest at room temperature until it doubles in size, about 1-2 hours.
3. Reshape the dough into a ball and cut in half, forming two balls. Use the extra all-purpose flour to lightly flour a surface. Place dough on the floured surface, brush them with a bit of oil, and place on a lightly oiled sheet. Let rest for about 20 minutes. Meanwhile, preheat the oven to 400°F.
4. Press one of the balls of dough into a ½" thick flat round, adding additional flour to the work surface area as necessary. Press or roll the dough until it's very thin. Let it rest if it becomes too elastic. Repeat with second ball of dough.
5. Place each of the crusts on a baking sheet and apply harrisa to the dough evenly.
6. Arrange the eggplant and shallots on the dough.
7. Drizzle the top with ½ Tablespoon of the olive oil. Season with salt and pepper. Slide the sheet into the oven and bake for 20 minutes, or until the bottom seems brown and crisp and the eggplant has shriveled up a bit.
8. While the flatbread is baking, place the kale, mint, and parsley into a medium bowl. Drizzle the remaining olive oil onto the greens, add the lemon juice, season with salt and pepper, and toss to combine.
9. Once the flatbread is removed, drizzle with the agave nectar. Cut flatbread into slices. Serve warm or at room temperature.

Recipe developed by the San Antonio Botanical Garden

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Nutrition Facts

6 servings per container	
Serving size	2 slices
Amount per serving	
Calories	360
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 590mg	26%
Total Carbohydrate 60g	22%
Dietary Fiber 8g	29%
Total Sugars 9g	
Includes 4g Added Sugars	8%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 49mg	4%
Iron 4mg	20%
Potassium 496mg	10%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	