

Featured Ingredient...



EGGPLANT PITA WRAP

INGREDIENTS

- 1 medium eggplant, sliced into rounds
- 1 cup baby bella mushrooms
- Olive oil for cooking
- ¼ - ½ cup roasted red pepper hummus
- ¼ cup crumbled feta cheese
- 4 whole wheat pitas

NUTRITIONAL FACTS

Servings: 4
Calories: 394
Protein: 13 grams
Carbohydrates: 61 grams
Fat: 11 grams

DIRECTIONS

1. Drizzle olive oil in a grilling pan over medium high heat. Cook eggplant slices and mushrooms until soft
2. Spread hummus on a pita bread and then add ¼ of the eggplant & mushrooms to the pita.
3. Garnish with feta cheese, roll into a wrap and enjoy!

CALORIE CONSIDERATIONS

To INCREASE calories: Use the higher hummus amount. You can also drizzle a little more oil onto the pita after adding the feta or can drizzle tzatziki sauce on it!