

Grilled Veggie and Humus Wraps

TriHealth Dietician Approved



Quick facts

- Yields: 4 wraps
- Serving size: 1 wrap
- Calories: 356 kcal
- Total Fat: 22.7 g
- Carbs: 35.4 g
- Protein: 16.8 g
- Sodium: 788 mg

Ingredients

- 4 slices of red onion (1/2 inch thick)
- 1 red bell pepper, seeded and quartered
- 1 eggplant (12 oz.) cut into 1/2 inch slices
- 2 tbsp. olive oil
- 1/4 cup fresh parsley, chopped
- 1/8 tsp. kosher salt
- 1 (8 oz.) container of plain hummus
- 4 whole-grain flatbreads
- 1/2 cup feta cheese crumbles

Instructions

1. Heat a large grill pan over medium-high heat.
2. Using 1 tbsp. of olive oil, brush the onion, bell pepper, and eggplant, and add the onion and bell pepper to the pan. Cook for 3 minutes on each side or until grill marks appear. Remove from the pan.
3. Add Eggplant to the pan; cook for 3 minutes on each side or until grill marks appear. Remove from the pan and coarsely chop the vegetables. Combine the chopped vegetables with olive oil, parsley, and Salt; toss to combine.
4. Spread 1/4 cup of hummus over each flatbread, divide the vegetables over each flatbread; top each with 2 tbsp. of Feta Cheese. Roll up wraps and enjoy!

Bon Appetit!

Recipe source: not specified