

GRILLED VEGGIE and HUMMUS

Wraps



WAC Fun Food Fact

Here's a great way to use up any leftover grilled vegetables! If you prefer to avoid gluten, you can wrap the filling in a collard green leaf or a leaf of Swiss chard.

Tip: If you shave down the spine with a vegetable peeler, it will be easier to work with. Dipping the leaf in boiling water for a second or two will make it more flexible.

Ingredients

- 4 (1/2-inch-thick) slices red onion
- 1 red bell pepper, seeded and quartered
- 1 (12-ounce) eggplant, cut into 1/2-inch-thick slices
- 2 tablespoons olive oil, divided
- 1/4 cup chopped fresh flat-leaf parsley
- 1/8 teaspoon kosher salt
- 1 (8-ounce) container plain hummus
- 4 (1.9-ounce) whole-grain flatbreads (such as Flatout Light)
- 1/2 cup crumbled feta cheese
- Avocado-Butter Lettuce Salad

Preparation

1. Heat a large grill pan over medium-high heat. Brush onion, bell pepper, and eggplant with 1 tablespoon oil. Add onion and bell pepper to pan; cook 3 minutes on each side or until grill marks appear. Remove from pan. Add eggplant to pan; cook 3 minutes on each side or until grill marks appear. Remove from pan; coarsely chop vegetables. Combine vegetables, remaining 1 tablespoon oil, parsley, and salt; toss to combine.
2. Spread 1/4 cup hummus over each flatbread, leaving a 1/2-inch border around edges. Divide vegetables over each flatbread; top each serving with 2 tablespoons cheese. Roll up wraps, and cut diagonally in half.



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Recipe of the Month |

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