

SPRING FLAVOR



Eggplant, Portobello and Roasted Red Pepper Wraps

Eggplant is a hearty spring vegetable with an almost meaty texture. Paired with other hearty vegetables like mushrooms, eggplant is a satisfying stand-in for a meat-free meal. Even when you choose a lean protein, experimenting with unique dishes that feature this purple-skinned vegetable provides fiber, vitamins, minerals and antioxidants in a 1 cup serving for approximately 20 calories.

SERVES: 4, with potential for leftover veggies

INGREDIENTS:

1 medium	Eggplant, halved and sliced into strips
1 medium	Onion, thinly sliced
2-3 depending on size	Large Portobello mushroom caps, stems removed and cleaned
2-4 tbsp.	Balsamic vinegar
1-2 tbsp.	Olive oil
2-4 cloves	Garlic, minced
To taste	Black pepper and a dash of salt
4	Whole-wheat wraps
1 - ½ oz.	Goat or feta cheese
1-3 depending on size	Roasted red peppers from a jar, thinly sliced
1	Avocado, sliced
2 cups	Spinach

DIRECTIONS:

1. Preheat oven to 400°. Add sliced eggplant, onion, mushrooms and garlic to a large baking sheet or roasting pan, season with pepper and salt and toss with the olive oil and balsamic vinegar. Roast for 25-35 minutes or until vegetables are lightly browned and cooked through.
2. Spread the wheat wraps onto a large cutting board or clean counter. Top each with a mixture of the roasted vegetables, sprinkle with cheese, add the sliced jarred red pepper, top with $\frac{1}{4}$ of the sliced avocado and spinach. Add an additional drizzle of balsamic vinegar if desired. Wrap each tightly and serve along with a mixed green salad or mixed fruit salad.

ALTERNATIVES:

- Slice eggplant into rounds and roast or grill and serve on a whole-wheat bun with your favorite “burger” fixings.
- Slice eggplant into rounds, dip into egg whites and whole-wheat bread crumbs, brown in a skillet then add to a baking dish, top with low-sodium, low-fat marinara sauce and a little mozzarella cheese. Bake until heated through and bubbly. Serve with additional veggies and whole-wheat pasta or spaghetti squash.
- Chop eggplant into chunks and sauté with squash, zucchini, bell peppers, mushrooms and chopped tomatoes to make ratatouille for a nutritious dish served with baked chicken, fish or lean meat.

