# Living Whole
Employee Wellness Program

# Roasted Eggplant & Chickpea Wrap

## Ingredients:
1 tbsp. balsamic vinegar
1 ½  tsp. lemon juice
¾ tbsp. extra virgin olive oil
1 tbsp. fresh thyme
1 tbsp. oregano
1 eggplant
1 zucchini
1 small onion, diced
1 cup garbanzo beans, unsalted
¾ cup red cherry tomatoes
½  tsp. black pepper
2 ¾ ounce mozzarella cheese
4 whole wheat tortillas



*SOY FREE

## Nutrition Facts

Serving Size 1 wrap = (1 whole tortilla)  (349g)
Servings Per Container 4

**Amount Per Serving**

**Calories** 330 — Calories from Fat 90

| | % Daily Value* |
|---|---|
| **Total Fat** 10g | **15%** |
| Saturated Fat 3.5g | **18%** |
| Trans Fat 0g | |
| **Cholesterol** 10mg | **3%** |
| **Sodium** 440mg | **18%** |
| **Total Carbohydrate** 48g | **16%** |
| Dietary Fiber 9g | **36%** |
| Sugars 7g | |
| **Protein** 14g | |

| | | |
|---|---|---|
| Vitamin A 10% | • | Vitamin C 30% |
| Calcium 30% | • | Iron 20% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9  •  Carbohydrate 4  •  Protein 4

## Directions:
1. Preheat oven to 400 degrees.
2. Whisk vinegar, lemon juice,  oil, and 1 teaspoon each thyme and oregano in a small bowl; set vinaigrette aside.
3. Lightly coat a large rimmed baking sheet with cooking spray.
4. Toss eggplant, zucchini, onion, and remaining 2 teaspoons each thyme and oregano in a large bowl.
5. Spread in a single layer on prepared baking sheet. Drizzle with remaining oil.
6. Roast, tossing occasionally, until golden, 30 to 35 minutes. Let cool slightly.
7. Transfer vegetable mixture to a large bowl. Add chickpeas, tomatoes, and salt; season with pepper.
8. Drizzle with vinaigrette; toss to coat.
9. Arrange mozzarella in center of tortilla. Top each with even amount of vegetable salad. Roll up, and cut in half.