



The Micheff Sisters

"It's A Wrap" (6/8/16)

Moroccan Eggplant Wrap

Ingredients:

1 large	zucchini, chopped
1 large	eggplant, chopped
1 large	onion, cut in eighths
1 cup	grape tomatoes, sliced in half
½ cup	canned artichoke hearts
4 cloves	garlic
¼ tsp.	oregano
½ tsp.	salt (or salt to taste)
½ tsp.	red pepper flakes
1 tsp.	parsley
2 tbsp.	lemon juice
1 16-oz can	garbanzo beans, drained
4	whole wheat tortillas



Directions:

Place vegetables on a baking sheet that has been sprayed with non-stick cooking spray. Spray tops with non-stick spray as well. Sprinkle with salt, parsley, and oregano. Roast at 400 for 30-40 min.

Pour lemon juice over garbanzo beans and set aside.

Brenda Walsh