



Meryl

refreshingly healthy

Versatile Veggie Sandwich

Serves 6

Ingredients:

2 medium - Zucchini Sliced Lengthwise About 1/4", Summer squash
2 medium - Summer Squash, all varieties
1 eggplants - Medium Eggplant, yield from 1.25 lb, unpeeled
1 large - Vidalia Sweet Onion
3 medium - Portabella Mushrooms
1/2 cup - Grapeseed Oil
6 wraps - Spinach Wrap
6 slices - Fresh Mozzarella, Provolone, or Goat Cheese
1 Tbsp. – Herbamare

Directions:

Recipe Directions:

1. Heat Grill to Medium- Mix Herbamare Seasoning and oil together & brush on veggies.
 2. Place Veggies On Grill & Cook Until Done On Each Side - Toast Bread, Or Lightly Heat Wrap & Place Veggies On Top and Add Cheese.
- Enjoy!

Calories: 330.90 cal

Protein: 10.29 g

Carbs: 18.03 g

Total Fat: 25.46 g

Sat Fat: 5.57 g

Cholesterol: 22.38 mg

Sodium: 203.52 mg

Fiber: 4.98 g

