Mediterranean Veggie Tortilla

**Prep Time:** 5 min

**Total Time:** 8 min

**Ingredients:**
- 1 8-10 inch tortilla
- ¼ cup crumbled feta
- ½ tomato, sliced
- 1 Tbsp of hummus, tzatziki, or Greek yogurt
- ½ small cucumber, sliced
- ¼ cup grilled eggplant, mashed chickpeas or cannellini beans
- Optional: A few sprigs of mint

**Directions:**
1. Lay your tortilla on a flat surface and carefully cut a slit from edge to the middle of the tortilla.
2. Place the grilled eggplant or mashed beans in the lower right quarter.
3. Spread the hummus, tzatziki or Greek yogurt in the lower left quarter.
4. Place the sliced cucumbers and tomatoes on the top left quarter.
   - Place the crumbled feta and mint leave in the top right quarter.
5. Fold the bottom right quarter over the bottom left quarter then over the top left quarter and lastly, on the top right quarter. You should have a triangle shaped wrap.
6. Optional: You can heat up your wrap in the toaster or skillet for 1-2 minutes on each side or until lightly brown.