

Lavash Flatbread

Yield: 3 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-lavash-recipe>

Ingredients:

- 1 eggplant large, diced into 1/2 inch cubes
- freshly ground pepper
- sea salt
- extra-virgin olive oil
- 1 lavash sheets of fresh whole wheat
- 1 cup cherry tomatoes halved
- 1/3 cup green onion thinly sliced
- 1/3 cup basil roughly chopped
- 1/2 cup mozzarella grated, use a box grater to coarsly grate it
- 1/4 cup Parmesan grated
- red pepper flakes to taste
- 4 cups arugula
- 1 tablespoon lemon juice freshly-squeezed

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 20 milligrams
4. Fat: 16 grams
5. Fiber: 12 grams
6. Protein: 14 grams
7. SaturatedFat: 5 grams
8. Sodium: 540 milligrams
9. Sugar: 7 grams

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