



Partnering for a healthy community



Eggplant Rollatini

Ingredients:

- 1/2 medium-sized eggplant, sliced 1/4 inch thick lengthwise (Cal. 55 fat-0.4g, carbs-13g, protein-2.3g)
- olive oil, for brushing (Cal. 40 fat-4g, carbs-0g, protein-0g)
- 6 oz part skim ricotta cheese (Cal. 360 fat-24g, carbs-12g, protein-18g)
- 4 oz shredded part-skim mozzarella, divided (Cal. 180 fat-14g, carbs-2g, protein-12g)
- 2 oz grated Asiago or Parmesan Romano, divided (Cal. 20 fat-1.5g, carbs-0g, protein-1g)
- 2 cloves garlic, minced (Cal. 8 fat-0.04g, carbs-1.5g, protein-0.5g)
- 1/2 Cup Fresh spinach chopped (Cal. 20 fat-0g, carbs-3g, protein-2g)
- 1 egg, beaten OR 3 TBSP Liquid Egg (Cal. 170 fat-4.5g, carbs-0g, protein-6g)
- 1 teaspoon salt (OPTIONAL)
- 1/2 teaspoon fresh ground pepper (OPTIONAL)
- 4 oz of your favorite marinara sauce (Cal. 45 fat-0g, carbs-10g, protein-3g)

Equipment:

medium sized mixing bowl	mandolin (optional)	basting brush
small sheet pan & cooling rack	small baking dish	
cutting board & sharp chopping knife	paper towels	

Instructions:

1. Preheat oven to 400F.
2. Lightly grease a small baking dish with cooking spray and set aside.
3. Prepare the eggplants: Cut 1/2 eggplant lengthwise into 1/4-inch-thick slices (you should get about 4 to 5 slices.)
4. Lay slices on a baking sheet; sprinkle with salt on both sides and let stand for about 5-10 minutes
5. Using paper towel, pat slices dry. Brush both sides of eggplant slices with olive oil and transfer back to the baking sheets in a single layer.
6. Roast the eggplant slices for about 4-5 minutes; flip over and continue to roast for about 2-3 more minutes, or until tender.
7. Remove from oven and let cool.
8. Prepare the cheese filling:
 - In a large mixing bowl combine ricotta, 2 oz mozzarella, 1 oz parmesan, garlic, egg, salt and pepper; mix until well incorporated.
 - Spread 2 oz of marinara sauce onto the bottom of the previously prepared baking dish.
 - Divide ricotta mixture among eggplant slices, and spread it down the center of each slice.
 - Roll up prepared eggplant slices and place them seam-side down in baking dish, over the marinara sauce.
 - Use any leftover cheese mixture to spoon on top of the eggplant rollups.
 - Top eggplant rollups with remaining marinara sauce and sprinkle with remaining mozzarella and Parmesan.
 - Cover with aluminum foil and bake for 15-20 minutes.
 - Remove foil and continue to bake for 5-10 minutes, or until lightly browned and bubbly.
 - Remove from oven and let stand for about 5 minutes.