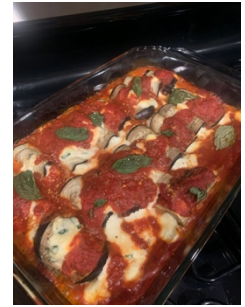


Cheesy Eggplant Roll-Ups

Prep Time 25 mins | Cook Time 45 minutes | Yields 9 servings



INGREDIENTS

- 2 eggplants
- 2 cups ricotta cheese
- ½ cup shredded parmesan cheese
- 1 cup mozzarella cheese
- ¼ cup fresh basil, chopped
- 1 egg
- salt
- pepper
- 1 cup marinara sauce

INSTRUCTIONS

- 1) Slice the ends of the eggplant off and discard. Slice the body of the eggplant into ½ - ¾” slices and lay them out on a baking sheet covered in parchment paper.
- 2) Season with a pinch of salt on both sides of the eggplant slices, and let them sweat for a total of 20 minutes.
- 3) When the eggplant sweating process has 5 minutes remaining, preheat the oven to 350 degrees F.
- 4) When the 20 minutes is up, dry them with a paper towel. Once dried; add a pinch of pepper.
- 5) Bake the slices for 20 minutes, or until soft.
- 6) Meanwhile, in a medium-size bowl, mix ricotta cheese, mozzarella cheese, parmesan cheese, basil, and egg.
- 7) Remove eggplant slices from the oven and turn oven to 400 degrees F.
- 8) Spoon about 2 tablespoons of the mixture onto eggplant slice, then roll it up, repeating for all slices. If you can't fully roll them up, just roll them in half.
- 9) In an 11x17-inch baking dish, pour ½ of the marinara sauce, then add all of the roll-ups seam-side down. Pour remaining ½ of marinara sauce into dish, and top with basil, parmesan, and any remaining dollops of your cheese mixture.
- 10) Bake for 25 minutes or until cheese is melted and golden brown.
- 11) Enjoy!

Nutrition Facts	
Servings 9.0	
Amount Per Serving	
calories	170
% Daily Value *	
Total Fat	7 g 11 %
Saturated Fat	4 g 18 %
Monounsaturated Fat	1 g
Polyunsaturated Fat	0 g
Trans Fat	0 g
Cholesterol	48 mg 16 %
Sodium	346 mg 14 %
Potassium	429 mg 12 %
Total Carbohydrate	16 g 5 %
Dietary Fiber	6 g 25 %
Sugars	9 g
Protein	13 g 27 %
Vitamin A	20 %
Vitamin C	2 %
Calcium	70 %
Iron	1 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	