



Eggplant Rollatini the Healthier Way

Ingredients:

!Roasted Tomato Sauce

2 lbs Fresh Tomatoes

8 Cloves Garlic, Peeled and chopped

4 tbs Olive Oil

Kosher Salt and Freshly Ground Pepper

!Eggplant

3 Medium Eggplants, sliced lengthwise to yield 12 slices

1 ½ C Ricotta

½ C grated Parmesan

1 C Finely Shredded Mozzarella

Zest of ½ Lemon

½ tsp Freshly Grated Nutmeg

1 tbs Fresh Basil, chopped

¼ tsp Salt

¼ tsp Freshly Ground Black Pepper

Directions:

!Make the Roasted Tomato Sauce

Pre-heat the oven to 350 degrees and line a 9X13 baking dish with aluminum foil.

Chop the tomatoes roughly and spread them in the baking dish.

In a bowl, combine the chopped garlic, olive oil and salt and pepper and pour evenly over the tomatoes.

Bake for 2-3 hours, until their edges blacken and the juices are reduced.

Pour the roasted tomatoes into a food processor and pulse 2-3 times.

!Prepare the eggplant

Preheat a grill pan or outdoor barbeque.

Salt the eggplant slices and place in a colander to drain for 20 minutes.

Dry by blotting with paper towels.

Brush with olive oil, and sprinkle with salt and fresh cracked pepper.

Grill for about 5 minutes each side, then set aside to cool.

Mix together the ricotta, parmesan, mozzarella, basil, lemon zest, parmesan and nutmeg in a bowl.

Lay the eggplant on a sheet pan and spread one rounded tablespoon of ricotta mixture along one edge.

Roll up the eggplant and place in an oven safe dish.

Drizzle with the Roasted Tomato Sauce and sprinkle with freshly grated parmesan cheese.

Bake for 15 minutes at 350 degrees until cheese bubbles.