

Eggplant Roulade



Ingredients:

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| 1 large eggplant | 2 cups ricotta cheese (or 1 block of
14 ounces firm tofu, drained) |
| 2 tablespoons extra virgin olive oil | 1 bunch fresh Italian parsley,
minced |
| 2 teaspoons salt | ½ cup of homemade or store-
bought basil pesto |
| 2 teaspoons black pepper | |
| 1 garlic clove, minced | |
| 1 red onion, small diced | |
| 2 red bell peppers, small diced | |

Preparation:

1. Slice off the top and bottom of the eggplant. Slice eggplant lengthwise into large strips, roughly 1/8 inch thick. Discard end pieces.
2. Using 1 tablespoon olive oil, brush the eggplant slices on each side. Season with 1 teaspoon salt and 1 teaspoon pepper.
3. Over a hot grill, cook each eggplant slice 2-3 minutes each side. Remove from grill and reserve.
4. In a medium skillet, heat 1 tablespoon oil over medium heat. Add garlic and cook, frequently stirring, for 30 seconds. Add onions and peppers. Again cook, frequently stirring, for 4-5 minutes until onions are translucent.
5. The vegetable mixture will be slightly moist. Drain onto paper towels and reserve.
6. In a medium bowl, fold together the ricotta cheese (or tofu), vegetables, parsley (reserve 1 tablespoon), and remaining salt and pepper.
7. Lay eggplant slices out on a clean work surface. Dividing equally among all slices, spread ¼ cup of the pesto.
8. Add ¾ cup of the cheese (or tofu) mixture onto each slice of eggplant.
9. Roll each slice into a roulade, leaving the seam on the bottom, and place in a baking dish. Be careful not to allow the cheese (or tofu) mixture to come out of the sides.
10. In a 350 degree oven, bake the roulades for 12-15 minutes.
11. Place each roulade on 1 of 4 plates. Drizzle remaining pesto around each plate, garnish with reserved parsley and serve.

Recipe provided by Renee Pieroth, RD, CSO, LDN, on behalf of the ON-DPG.

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