



Eggplant Rollatini



Preparation: 10 min, Cook Time: 15-20 min, Yield: 5

Fox 5 December

Italian comfort food...very decadent!

2 medium eggplant

salt / pepper

1 1/2 cups marinara sauce

1 large egg

1/2 cup skim ricotta cheese

1/2 cup grated parmesan cheese

8 ounces frozen spinach heated & drained

1 garlic clove, minced

4 ounces shredded mozzarella cheese

Cut the ends from the eggplant. Cut the eggplant lengthwise 1/4 inch thick until you have 10 slices. Sprinkle the eggplant with salt to help remove the excess moisture and bitterness. Set aside for 10-15 minutes.

Preheat oven to 400f. Season the eggplant with salt and pepper and arrange on a parchment lined sheet pan. Cover tightly with aluminum foil and bake for 8-10 minutes. You want the eggplant pliable but not cooked. Spread 1/4 cup of marinara in a 13 X 9 baking dish.

In a mixing bowl beat the egg then mix together with ricotta, parmesan, spinach, garlic and season to taste with salt and pepper.

Pat eggplant dry with paper towels. Dividing the ricotta-spinach mixture (2 tablespoons each) evenly and spoon onto the small end of the eggplant. Starting at the small end roll the slices and arrange the seam side down into prepared dish.

Top with remaining marinara and cheese. Tightly cover with aluminum foil and bake for another 10-15 minutes. Remove from oven and cool for 5 minutes