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Cheesy Eggplant Roll-Ups

Servings: 13

Ingredients

- 2 eggplants*
- 2 cups (500 mL) ricotta cheese
- 1 cup (250 mL) shredded mozzarella cheese
- ½ cup (125 mL) shredded parmesan cheese
- ¼ cup (60 mL) (fresh basil chopped
- 1 egg, whisked
- Salt
- Pepper
- 1 cup (250 mL) marinara sauce

* Substitute eggplant with and extra-large or overgrown zucchini



Directions

Preheat oven to 350°F (175°C).

Slice the ends off the eggplants and slice eggplant length-wise into ¼-inch (6 mm) thick slices. Lay them out on a baking sheet or pan covered in parchment paper or aluminum foil.

Season with a pinch of salt on both sides of the eggplant slices and let them 'sweat' for 20 mins.

Then dry slices with a paper towel. Once dried: add a pinch of pepper. Bake for 20 mins, or until soft.

Meanwhile in a medium-sized bowl, mix ricotta cheese, mozzarella cheese, parmesan cheese, basil, and egg.

Remove eggplant slices from the oven and increase heat to 400°F (205°C).

Spoon about 2 tablespoons (30 mL) of the mixture onto eggplant slice then roll it up, repeating for all slices.

In a 11x17-inch (28x43cm) baking pan, pour ½ of the marinara sauce, then add all the roll-ups seam down. Pour remaining ½ of marinara sauce, and top with basil and parmesan.

Bake for 25 mins, or until cheese is melted and golden brown.

Recipe Source: Merle O'Neal, [Tasty.co](https://www.tasty.co)



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