



**Elliott Evans Nutrition, LLC**  
Prevent and Protect  
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## **EGGPLANT PARMESAN ROLLATINI**

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Serves 8

- 4     tablespoons olive oil**
- 2     large eggplants (about 3 pounds total), sliced lengthwise (about 16 slices total)**
- kosher salt and black pepper**
- 1 ½   cups marinara sauce**
- 2     large eggs**
- 1     15-ounce container ricotta**
- 2     teaspoons dried oregano**
- 2     cups grated mozzarella (8 ounces)**
- ½     cup grated Parmesan (1 ½ ounces)**

- **Heat oven to 450 degrees. Divide the oil between 2 rimmed baking sheets. Dividing evenly, arrange the eggplant slices in a single layer on the baking sheets and turn to coat in the oil; season with ½ teaspoon salt and ¼ teaspoon pepper.**
- **Bake the eggplant, rotating the baking sheets halfway through, until soft and beginning to brown, 12 to 15 minutes, let cool. Reduce heat to 400.**
- **Meanwhile, in the bottom of a 9-by-13-inch or some other 3-quart baking dish, spread ½ cup of the marinara sauce. In a large bowl, whisk together the eggs, ricotta, oregano, 1 cup of the mozzarella, and ¼ teaspoon each salt and pepper.**
- **Place about 3 tablespoons of the ricotta mixture on one end of a slice of eggplant, roll it up, and transfer it to the prepared baking dish. Repeat with the remaining eggplant slices and ricotta mixture.**
- **Top the eggplant rolls with the remaining cup of marinara sauce and the remaining cup of mozzarella. Sprinkle with the Parmesan.**
- **Bake until the cheese has melted and the sauce is bubbling, 20-25 minutes. Let cool for 5 minutes before serving.**