



Meatless Monday: Eggplant Roll-Ups

Roll out that roll up

Remember those tasty fruit roll-ups that you'd wrap around your index finger and munch on until your tongue turned blue? Well, here's your chance to be a kid again (but in a much more ladylike way of course)!

Eggplant roll-ups are a perfect way to glam up a childhood classic, but this time your body (*and* your teeth) will thank you for it! Brought to you by **nutritionist, personal trainer and exercise physiologist Franci Cohen**, these delicious roll-ups are uh-mazingly good for you! Stuffed with a yummy pesto made of ricotta, Parmesan, lemon juice, and basil, these all-natural ingredients combine for a super flavorful filling. Not to mention these roll-ups are super easy to make because all you need is your good ol' grill and food processor.

So what are you waiting for? Go get your roll on!

Eggplant Roll-ups

Ingredients:

2 medium-long eggplants
2 tablespoons extra virgin olive oil
1/2 cup ricotta cheese
1 cup pesto sauce
2 teaspoons lemon juice
Homemade Pesto (recipe follows)

Homemade Pesto

Ingredients:

2 cups packed fresh basil leaves
2 cloves garlic
1/3 cup pine nuts
2/3 cup extra-virgin olive oil, divided
Kosher salt and freshly ground black pepper, to taste
1/2 cup freshly grated Parmesan cheese
2 tablespoons lemon juice

Directions:

1. Preheat stove top grill pan or outdoor grill over high heat.
2. Cut the eggplants lengthwise into 1/4-inch thick slices (about 6 slices each eggplant).
3. Brush the eggplant slices evenly with olive oil on both sides.
4. Grill the eggplant slices in batches for 2-3 minutes each side, then let cool.
5. Mix ricotta cheese, pesto, and lemon juice together in a small bowl and spread a heaping tablespoon of the mixture evenly over each eggplant slice.
6. Roll up the eggplant slices, place on a plate seam-side down and serve!

