



Eggplant Rollatini with Spinach and Eggs*

Serving: 1

Veg

Ingredients

- -1 medium Italian eggplants, cut lengthwise into 5 slices
- - salt and fresh black pepper, to taste
- -3 tbsp quick marinara sauce
- -1 large egg
- -3 tbsp cheese
- - $\frac{1}{2}$ cup spinach, heated through and squeezed well

Preparation Method

- -Cut the 2 ends off the eggplants. Cut the eggplants lengthwise, into $\frac{1}{4}$ -inch thick slices .
- -Sprinkle the eggplant with kosher salt to help remove excess moisture and bitterness from the eggplants. Set aside for about 5 minutes. Pat dry with a towel.
- -Preheat oven to 400°F. Season the eggplant with a little more salt and pepper, then arrange on two parchment-lined baking sheets. Cover tightly with foil and bake until -eggplant is tender and pliable but NOT fully cooked, about 8 to 10 minutes.
- -Spread marinara sauce on the bottom of a 13 x 9-inch baking dish.
- -In a medium bowl, beat the egg then mix together with 3 tbsp cheese, spinach , $\frac{1}{4}$ tsp salt and $\frac{1}{8}$ tsp pepper.
- -Pat eggplant dry with paper towels. Dividing the mixture (about 2 generous tablespoons each) evenly and spoon onto one end of each eggplant slice, spreading to cover. Starting at the short end, roll up slices and arrange them each seam side down in the prepared dish.
- -Bake until the eggplant is very tender, about 5-10 minutes. Remove from oven and let cool 5 minutes before serving .