



# Eggplant Parmesan Rollatini

<b>2</b> large eggplants	<b>3</b> garlic cloves, minced	<b>1 teaspoon</b> basil
<b>4 tablespoons</b> olive oil (divided)	$\frac{1}{4}$ large yellow onion	<b>4</b> large egg whites
<b>3 teaspoons</b> ground black pepper (divided)	<b>1 tablespoon</b> dried parsley	<b>1</b> (15 ounce) container skim ricotta cheese
<b>6</b> large tomatoes	<b>2 tablespoons</b> fresh oregano (divided)	<b>2 cups</b> grated mozzarella cheese
	<b>1 teaspoon</b> salt	$\frac{1}{2}$ cup grated Parmesan cheese

**Heat** oven to 450 degrees F. **Slice** each eggplant (about 8 slices per eggplant) in long slices. **Brush** a layer of olive oil (2 tablespoons) on both sides of each slice. Dividing evenly, **arrange** the eggplant slices in a single layer on baking sheets and **season** with 1 teaspoon pepper. **Bake** the eggplant, until soft and beginning to brown, 12-15 minutes; **remove** from oven and **cool**. **Reduce** heat to 400 degrees F. **Remove** top stem of tomatoes and **score** bottoms in x shape. **Boil** water and add scored tomatoes. **Boil** 1-2 minutes until skin begins to wrinkle. **Remove** tomatoes and immediately **transfer** to ice bath and keep submerged for 30 seconds. **Remove** tomatoes from ice bath. **Peel** and **discard** skin. **Cube** tomatoes.

## For marinara sauce:

In a skillet, **sauté** garlic and onion in 2 tablespoons olive oil. Once onions are translucent, **add** cubed tomatoes, parsley, 1 tablespoon oregano, 1 teaspoon pepper, salt and basil. **Simmer** uncovered on medium heat for 20-25 minutes. **Remove** from heat and **drain** excess liquid. **Pour** mixture into a blender and **puree** for desired thickness. **Cool** and **spread** 1 cup of the marinara sauce on the bottom of a 9-by-11 inch baking dish.

In large bowl, **whisk** together the egg whites, ricotta, 1 tablespoon oregano, 1 cup mozzarella and 1 teaspoon pepper. **Spread** 2 tablespoons of the ricotta mixture on each eggplant slice, **roll up**

each slice, starting at the wider end and **place** seam side down in the baking dish, side-by-side in two columns.

**Top** the eggplant rolls with the remaining marinara sauce and the mozzarella cheese. **Sprinkle** with Parmesan. **Bake** until the cheese has melted and the sauce is bubbling, 20-25 minutes. **Cool** for 5 minutes and **serve**.

**Yield:** 8 servings, 2 eggplant rolls per serving

## Nutritional Analysis:

310 calories, 18 g fat, 8 g saturated fat, 0 g trans fat, 35 mg cholesterol, 670 mg sodium, 18 g carbohydrate, 4 g fiber, 7 g sugars, 18 g protein.

# Kentucky Eggplant

**SEASON:** Late June to October.

**NUTRITION FACTS:** Eggplant contains small amounts of several important vitamins that are needed daily. It is very low in sodium and calories, with only 15 calories for a half cup serving.

**SELECTION:** Select firm, heavy eggplant with smooth, shiny, deep purple skin. Choose medium size eggplant, about 3 to 4 inches in diameter.

**STORAGE:** Store soon after harvest or purchase in the vegetable crisper in the refrigerator. Use within one week.

**PREPARATION:** Eggplant is a versatile vegetable and can be baked, broiled, grilled, fried, stuffed or used in a variety

of casseroles in combination with other vegetables. It works well with tomatoes, garlic, onions and cheese. One pound equals 3 cups diced.

Eggplant should be peeled before preparation, unless it is very young and tender.

**To broil or grill:** Cut into three-fourth inch slices and brush with margarine or Italian dressing. Broil or grill for about 5 minutes on each side, until eggplant is tender and browned. Remove from heat and sprinkle with grated Parmesan cheese.

**To season:** Use marjoram, oregano, allspice, chili powder, curry powder, garlic, basil or rosemary.

## KENTUCKY EGGPLANT

### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

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**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

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