

Eggplant Rolatini Casserole

Food Network

Servings: 8

Preparation Time: 25 minutes

Cook time: 37 minutes

EGGPLANT:

3 eggs

2 tablespoons grated Parmesan cheese

1 tablespoon water

teaspoon kosher salt

1/2 teaspoon dried oregano

1/8 teaspoon garlic powder

2 medium eggplants

CHEESE FILLING

15 ounces whole-milk ricotta cheese

8 ounces shredded mozzarella cheese

1/2 cup grated parmesan cheese

1/4 cup roasted red peppers, diced

1 tablespoon chopped flat-leaf parsley

1 tablespoon chopped fresh oregano leaves

1 clove garlic, minced

1/4 teaspoon black pepper

1 large egg

TOPPING

4 ounces shredded mozzarella cheese

1 tablespoon olive oil

1/2 teaspoon dry oregano

TOMATO SAUCE

1 tablespoon olive oil

2 tablespoons diced red onion

2 cloves garlic, chopped

1 can (14 oz) no-sugar-added diced tomatoes

1 can (8 oz) no-sugar-added tomato sauce

1/2 teaspoon dried basil

1/4 teaspoon garlic powder

1/2 teaspoon dried oregano

1/8 teaspoon kosher salt

1/8 teaspoon freshly ground black pepper

1/2 pound prosciutto ham (thinly sliced) (optional)

Preheat oven to 400 Degrees.

Make the Eggplant: Whisk together the eggs, Parmesan, water, salt, oregano, and garlic powder in a bowl. Trim the ends off each eggplant and, using a peeler, peel off two large swaths of skin on two sides. Cut each eggplant lengthwise into six slices about 1/2-inch thick. (If you end up with more than 12 slices, just pick out the best ones).

Dip each slice into the egg mixture and transfer to a vegetable spray-coated baking sheet with sides. (If the baking sheet seems crowded, divide the slices among two baking sheets). Pour any remaining egg mixture over the eggplant and bake until lightly browned, about 12 minutes. Let cool slightly before carefully loosening each slice from the pan with a flat spatula.

Turn oven down to 350 degrees.

Meanwhile make the Tomato sauce. (Or substitute large jar of thick and chunky tomato sauce). Heat the oil in a saucepan over medium heat. Add the onion and garlic and cook, stirring, until sauce and translucent. Add the

remaining ingredients and cook, stirring, for two minutes more.

Make the cheese filling: Mix all of the ingredients in a bowl.

To assemble the Rolatini: Place one slice of prosciutto ham (if present) lengthwise on the eggplant. Place two tablespoons of cheese filling in the center of each eggplant slice and roll them up. Place the rolls in a single layer, seam-side down, in the baking dish, and pour the tomato sauce over the top. Cover the rolatini with the topping ingredients. Bake for 25 minutes until cheese starts to brown on top and filling starts to ooze out of the rolls. Remove and served garnished with the basil.

Serving Ideas: Garnish with leaves from one bunch of basil, torn into pieces.

I served meatballs on the side.

Per Serving (excluding unknown items): 236 Calories; 18g Fat (69.9% calories from fat); 15g Protein; 3g Carbohydrate; trace Dietary Fiber; 149mg Cholesterol; 357mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 0 Vegetable; 2 1/2 Fat.