

Skip The Takeout – Eat This Instead!

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Eggplant Roll-Up

This super easy recipe, courtesy of **certified nutritionist, personal trainer, and exercise physiologist Franci Cohen**, is a perfect vegetarian option for a summer barbecue.

Nutritional Information (per serving)

Calories: 280

Protein: 4 g

Carbs: 11 g

Fat: 24 g

Ingredients:

(Serves 6)

2 medium eggplants

2 tbsp olive oil

1/2 cup ricotta cheese

1 cup pesto sauce

2 tsp lemon juice

Directions:

1. Preheat stovetop grill pan or outdoor grill over high heat.
2. Cut the eggplants lengthwise into 1/4-inch thick slices (about six slices per eggplant).
3. Brush the eggplant slices evenly with olive oil on both sides.
4. Grill the eggplant slices in batches for two to three 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!

