



## 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!

