

GLAMOUR HEALTH & DIET

Perfect Recipes to Serve Your Vegetarian Friends This Labor Day

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As a vegetarian, I am always aware of the challenges a host may face in serving someone like me during barbecue season—recipes can take on a decidedly more complicated twist.

But if you have a sans-meat visitor coming by for a celebratory meal this weekend, here are a few ideas that just might help fill the Labor Day bill!



Courtesy of certified nutritionist, personal trainer, and exercise physiologist [Franci Cohen](#)

2 medium long eggplants
2 tbsp. extra-virgin olive oil
1/2 cup ricotta
1 cup pesto sauce
2 tsp. lemon juice

Homemade Pesto (combine all in food processor)

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
2 tbsp. lemon juice

Preheat stove top grill pan or outdoor grill over high heat. Cut eggplants lengthwise into 1/4-inch-thick slices (about 6 slices each eggplant). Brush eggplant slices evenly with olive oil on both sides. Grill eggplant slices in batches for 2 to 3 minutes each side, then let cool. Mix ricotta, pesto, and lemon juice together in a small bowl and spread a

heaping tablespoon of mixture evenly over each eggplant slice. Roll up eggplant slices, place on a plate seam-side down, and serve.