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Elegant Eggplant Rollups Recipe

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Eggplant is one of those recipes that I'd like to use often, and yet, whenever I decide to prepare it, all I can think of is eggplant Parmesan. How unsatisfying.

Just this past weekend I was eating an Egyptian sandwich (to clarify, a sandwich from an Egyptian food cart here in Portland), and noticed inside between the falafel and hummus was the most delicious slice of freshly grilled eggplant.

Though I'm a huge fan of grilling just about every other vegetable, I never thought about grilled eggplant. After some research, I found a great way to give it an easy upgrade, perfect for cocktail parties or a healthy dinner party kickoff.



Elegant Eggplant Rollups

Elegant Eggplant Rollups



*Recipe modified from: certified nutritionist, personal trainer and exercise physiologist,
[Franci Cohen](#)*

Ingredients:

- 2 medium long eggplants
- 2 tablespoons extra virgin olive oil
- 1/2 cup ricotta cheese
- 1 cup pesto sauce (make your own – try our [Two by Two Pesto](#))
- 2 tsp lemon juice

Preparation:

Preheat stove top grill pan or outdoor grill over high heat. Cut the eggplants lengthwise into 1/4-inch thick slices (about 6 slices each eggplant).

Brush the eggplant slices evenly with olive oil on both sides. Grill the eggplant slices in batches for 2-3 minutes each side, then let cool.

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.

Roll up the eggplant slices, place on a plate seam-side down and serve!