

# Shak'in and Bak'in

In the Kitchen with Shelly



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## Grilled Eggplant Roll-Ups Recipe



Love eggplant? If so, check out this grilled eggplant recipe by Certified nutritionist, personal trainer and exercise physiologist, Franci Cohen, has created the eggplant roll-ups recipe featured below. They look delicious!

### Grilled Eggplant Roll-Ups Recipe

2 medium long eggplants  
2 tablespoons extra virgin olive oil  
1/2 cup ricotta cheese  
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 cheese  
2 T lemon juice

Preheat stovetop 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!

**Franci Cohen** is a personal trainer, and a certified nutritionist with a masters degree in both nutrition and exercise physiology. She is the creator of SPIDERBANDS®. This modality is a total-body cardio resistance workout that leverages gravity and your bodyweight with other intense exercise modules such as rebounding, kickboxing and indoor cycling. With over 18 years of experience, Franci has been a mainstay in the fitness and nutrition industries. Franci believes in a tough love approach to fitness and health.