Louisiana HARVEST of the MONTH

Eggplant Lasagna Roll Ups

Home Recipe

Serves: 8
Prep Time: 60 minutes
Cook Time: 40 minutes

Ingredients

- ¼ tsp Kosher salt, plus more to taste
- 1 pound lasagna noodles
- 2 medium eggplants
- 3 Tbsp olive oil
- Black pepper, to taste
- 2 cups fresh ricotta cheese
- 1 cup shredded low-moisture mozzarella cheese
- 3/4 cup grated Parmesan cheese
- 1 large egg
- 1- 24 oz jar marinara sauce
- ½ cup heavy cream

Nutrition Facts

8 Servings Per Container
Serving Size **392g**

Amount Per Serving
Calories **410**

	% Daily Value *
Total Fat 19g	**25%**
Saturated Fat 10g	**52%**
Trans Fat 0g	
Cholesterol 85mg	**28%**
Sodium 480mg	**20%**
Total Carbohydrates 38g	**14%**
Dietary Fiber 7g	**24%**
Total Sugars 12g	
Includes 0g Added Sugars	**0%**
Protein 22g	
Vitamin D 0.4mcg	2%
Calcium 470mg	35%
Iron 2.2mg	10%
Potassium 730mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Eggplant, Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium, Ricotta Cheese, Pasta, Low Fat Mozzarella Cheese, Cream, Grated Parmesan Cheese, Eggs, Extra Virgin Olive Oil
Contains: Milk, Wheat, Eggs

Cooking Instructions

1) Preheat the broiler. Bring a large pot of salted water to a boil. Add the noodles and cook until al dente. Drain and rinse under cold water until cooled. Lay out on parchment paper.
2) Slice the eggplants lengthwise into six ¼-inch thick pieces. Arrange on a rimmed baking sheet, it's okay if they overlap. Brush with the olive oil on both sides and season with salt and pepper. Broil the eggplant until browned and tender, 3 to 4 minutes per side. Let cool slightly. Reduce the oven temperature to 425 degrees.
3) Combine the ricotta, ½ cup mozzarella, ½ cup Parmesan, the egg, ¼ tsp salt, and ¼ tsp pepper.
4) Pour the marinara sauce into a medium saucepan, stir in the cream and cook over medium heat until hot.
5) Spread 3 Tbsp of the ricotta mixture on each noodle. Top each with an eggplant slice then roll into a spiral.
6) Spread 1 cup of sauce in a 9x13 inch baking dish. Arrange the rolls seam-side down in the dish and pour the rest of the sauce on top. Sprinkle with the remaining 1 cup mozzarella and ¼ cup Parmesan. Bake on the top oven rack until golden and bubbly, about 15 minutes. Let sit 5 minutes before serving.
7) Can be stored in the refrigerator for up to three days.

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