**Eggplant Roulade**

**Ingredients:**

- 1 large eggplant
- 2 tablespoons extra virgin olive oil
- 2 teaspoons salt
- 2 teaspoons black pepper
- 1 garlic clove, minced
- 1 red onion, small diced
- 2 red bell peppers, small diced
- 2 cups ricotta cheese (or 1 block of 14 ounces firm tofu, drained)
- 1 bunch fresh Italian parsley, minced
- ½ cup of homemade or store-bought basil pesto

**Preparation:**

1. Slice off the top and bottom of the eggplant. Slice eggplant lengthwise into large strips, roughly 1/8 inch thick. Discard end pieces.
2. Using 1 tablespoon olive oil, brush the eggplant slices on each side. Season with 1 teaspoon salt and 1 teaspoon pepper.
3. Over a hot grill, cook each eggplant slice 2-3 minutes each side. Remove from grill and reserve.
4. In a medium skillet, heat 1 tablespoon oil over medium heat. Add garlic and cook, frequently stirring, for 30 seconds. Add onions and peppers. Again cook, frequently stirring, for 4-5 minutes until onions are translucent.
5. The vegetable mixture will be slightly moist. Drain onto paper towels and reserve.
6. In a medium bowl, fold together the ricotta cheese (or tofu), vegetables, parsley (reserve 1 tablespoon), and remaining salt and pepper.
7. Lay eggplant slices out on a clean work surface. Dividing equally among all slices, spread ¼ cup of the pesto.
8. Add ¾ cup of the cheese (or tofu) mixture onto each slice of eggplant.
9. Roll each slice into a roulade, leaving the seam on the bottom, and place in a baking dish. Be careful not to allow the cheese (or tofu) mixture to come out of the sides.
10. In a 350 degree oven, bake the roulades for 12-15 minutes.
11. Place each roulade on 1 of 4 plates. Drizzle remaining pesto around each plate, garnish with reserved parsley and serve.

Recipe provided by Renee Pieroth, RD, CSO, LDN, on behalf of the ON-DPG.

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