

Grilled Eggplant Rollatini

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Ingredients	Quantity	Measure
Eggplants, slice lengthwise, soak in water for 10 minutes	20	slices
Balsamic vinegar	½	cup
Cajun seasoning	1	tablespoon
Zucchini sticks	1	cup
Carrot sticks	1	cup
Olive oil	1	tablespoon
Red Pepper Hummus		
Garbanzo beans, drain and reserve juice	15	ounces
Roasted red peppers	2	ounces
Olive oil	4	ounces
Fresh garlic	¼	cup
Tahini paste	½	cup
Salt	1-2	teaspoons

Preparation

1. Marinate eggplant in balsamic vinegar and Cajun seasoning and grill.
2. Sauté zucchini and carrots in olive oil until slightly softened (do not overcook).

Red Pepper Hummus

1. In a food processor add beans, roasted red peppers, oil, garlic, tahini and salt. Blend until smooth. If too thick, add reserved liquid, a little at a time.

Serving Information

Lay out grilled eggplant, spread 1 tablespoon of roasted red pepper hummus, and roll up. Serve 1 roll up with 3 carrot sticks and 3 zucchini sticks.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 272 Total Fat: 19g Saturated Fat: 2.7g Trans Fat: 0g Monounsaturated Fat: 12g Polyunsaturated Fat: 4.3g Carbohydrate: 20g Fiber: 5.5g Total Sugars: 9g Protein: 4.4g Sodium: 527mg Vitamin A: 110mg Vitamin C: 6mg Calcium: 85mg Iron: 2mg Folate: 36mcg

