



Eggplant Roll-Ups

Active Time: 25 minutes | **Total Time:** 25 minutes | **Serves:** 6

Nutrition Information Per Serving

322.4 calories, 10.75 g carbohydrate, 4.03 g fiber, 6.72 g NET carbs, 16.2 g protein, 24.73 g fat

Ingredients

- 6 piece(s) Mediterranean Organic Sundried Tomatoes
- 1 whole large, organic eggplant
- 1/2 tsp(s) sea salt
- 1 cup fresh basil leaves, chopped
- 2 cup(s) organic arugula, chopped
- 8 ounce(s) organic cream cheese
- 1 cup organic ricotta cheese (whole milk)
- 1/2 tsp(s) freshly ground black pepper
- 1/4 tsp(s) organic garlic powder
- 4 ounce(s) organic Parmigiano cheese

Preparation

1. Heat a grill pan over high heat.
2. Thinly slice the eggplant, a minimum of 18 slices. Season with salt.
3. Grill the eggplant for 2 to 3 minutes on each side or just until cooked through.
4. Combine the cheeses, black pepper, garlic powder and sun-dried tomatoes.
5. Top each slice of cooked eggplant with a dollop of cheese, arugula and basil.
6. Roll each slice into a cylinder. Serve.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.