



EGGPLANT LASAGNA ROLL UPS

EASY, 10-ingredient vegan lasagna roll ups made with a flavorful, protein-rich tofu filling rolled up into roasted eggplant slices! Healthy, rich in whole foods, and so satisfying.

 30 minutes
 1 hour and 15 minutes
 12 portions

INGREDIENTS

- 2 units, peeled (yield from 1-1/4 lb) of eggplant, raw [916 g]
- 2 units [2-1/8" dia] of lemons, raw, without peel [116 g]
- 500 grams of MORI-NU, Tofu, silken, extra firm
- 3 tsps of leavening agents, yeast, baker's, active dry [12 g]
- 1/2 whole cup of leaves of basil, fresh [12 g]
- 1 tsp, leaves of spices, oregano, dried [1 g]
- 3 tablespoons of oil, olive, salad or cooking [41 g]
- 5 servings [1/2 cup] of sauce, pasta, spaghetti/marinara, ready-to-serve [660 g]

COOKING METHOD

- ¹⁰ Instructions Preheat oven to 425 degrees F (218 C). Salt eggplant slices on both sides and arrange in a colander in the sink to remove excess water/bitterness for 15 minutes. (If using lasagna noodles, boil, drain and set aside.) Rinse salted eggplant slices well and dry thoroughly between two clean absorbent towels. Lay a baking sheet on top and place something heavy on top to absorb excess moisture. Arrange slices on 1-2 baking sheets in an even layer and bake oven for 13-15 minutes. Set aside and reduce heat to 375 degrees F (190 C). While eggplant is baking, add all tofu filling ingredients to a food process or blender and pulse to combine, scraping down sides as needed. You are looking for a semi-pureed mixture with bits of basil still intact. Taste and adjust seasonings as needed, adding more salt and pepper for flavor, nutritional yeast for cheesiness, and lemon juice for brightness. Pour about 1/2-1/3 of the marinara sauce into an 8x8 baking dish (or similar sized dish) and reserve rest of sauce for topping / serving. Set aside. Scoop generous amounts (about 3 Tbsp) of ricotta filling onto each eggplant slice or lasagna noodle and roll up. Place seam side down in the sauce-lined baking dish. Continue until all filling and noodles or eggplant strips are used up. Pour more sauce down the center of the rolls for extra flavor (see photo). Bake for 15-23 minutes, or until sauce is bubbly and warm and the top of the rolls are very slightly browned. Serve immediately with additional vegan parmesan cheese and fresh basil. Leftovers keep for a couple of days, though best when fresh. Notes *Eggplant cutting tip: Slice off the bottom and top of eggplant and sit it upright. Then use a sharp knife to make thin slices, about 1/4 inch thick. Alternatively, use a mandolin. *2 lemons make ~1/3 cup juice.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (188 g)	% DRI
ENERGY	56 kcal	106 kcal	5 %
FAT	3 g	5 g	8 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	4 %
CHOLESTEROL	1 mg	1 mg	0 %
SODIUM	143 mg	269 mg	11 %
CARBOHYDRATE	6 g	11 g	4 %
SUGARS	3 g	6 g	—
FIBER	2 g	4 g	16 %
PROTEIN	3 g	5 g	—