

EGGPLANT TOFU “RICOTTA” ROLLUPS

INGREDIENTS

- 2 eggplants, cut each lengthwise into 6 (1/4-inch-thick) slices
 - 1/2 teaspoon kosher salt, divided
 - Olive oil pan spray
 - 1 recipe tofu “ricotta” (see recipe)
 - 1 teaspoon dried Italian herb blend
 - 1/4 teaspoon black pepper
 - 3 cups marinara sauce
- Tofu “ricotta”:
- 1 15-ounce can low-sodium navy beans
 - 2 tablespoons tahini
 - 2 tablespoons nutritional yeast
 - 1 tablespoon lemon juice
 - 1 pound firm tofu
 - 1/2 teaspoon kosher salt

DIRECTIONS

1. Preheat oven to 425°F.
 2. Sprinkle **salt** on both sides of **eggplant** slices, and let drain on paper towels for 15 minutes.
 3. Rinse well and dry with clean paper towels.
 4. Spray **pan spray** on both sides of slices and arrange in a single layer on foil-lined baking sheets.
 5. Bake until slightly brown, about 15 minutes.
 6. While baking, stir together “**ricotta**”, **herbs** and **black pepper**.
 7. Pour 1 cup of the **marinara** into an 11x7-inch baking dish.
 8. Place 1 tablespoon ricotta mixture on 1 eggplant slice and roll up. Place seam down in dish, and repeat with remaining ricotta and eggplant.
 9. Top evenly with remaining marinara.
 10. Bake at 375°F until sauce is bubbly and tops of rollups are lightly browned (15 to 20 minutes). Eggplant should be tender.
 11. Serve immediately.
1. For the **tofu “ricotta”**: Drain **beans** (reserve liquid) and puree in a food processor with **tahini**, **yeast**, **lemon juice** and **salt**. Once smooth, add **tofu** and pulse until texture resembles ricotta.
 2. Add bean liquid as necessary to make a ricotta-like paste.



SERVES 6

TOOLS AND EQUIPMENT

Knife, cutting board, baking sheet, mixing bowl, baking dish, can opener, food processor/potato masher/fork.

GREAT ADDITIONS/SUBSTITUTIONS

Try using zucchini or yellow squash instead of eggplant.

BROUGHT TO YOU BY

 **ShapeYourFutureOK.com**

 A Program of
TSET

 **School of
COMMUNITY
MEDICINE**