Dinner

Kale and Ricotta Stuffed Eggplant Rolls

Tender roasted eggplant strips are wrapped around a creamy kale and ricotta filling, then baked over crushed tomatoes until golden and bubbling. Torn basil leaves finish the dish just before serving.



Vegetarian

110 min	130	18 g	8 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 2 med eggplant (about 2 lb total, sliced lengthwise into 1/4-inch-thick strips. You should have 18 strips.)
- [ ] 1 tsp olive oil cooking spray
- [ ] 1/2 tsp olive oil
- [ ] 1 small yellow onion (about 4 oz, finely chopped)
- [ ] 2 clove garlic (minced)
- [ ] 4 cup kale (chopped, tough stems removed)
- [ ] 3/4 cup part-skim ricotta cheese
- [ ] 1/4 cup low-fat shredded mozzarella cheese
- [ ] 1/4 cup plain nonfat Greek yogurt
- [ ] 1/4 tsp black pepper
- [ ] 1/2 tsp dried Italian seasoning
- [ ] 2 cup no-salt-added crushed tomatoes
- [ ] 1/4 tsp crushed red pepper flakes
- [ ] 1/4 cup packed torn basil leaves

Nutrition Facts

Per serving

Calories	130
Total fat	4 g
Saturated fat	2 g
Sodium	90 mg
Total carbs	18 g
Fiber	6 g
Total sugars	8 g
Protein	9 g

Method

- [ ] **1** Heat the oven to 400 degrees F. Lay the eggplant strips out in one layer on two rimmed baking sheets and mist both sides with olive oil cooking spray. Roast for 18-22 minutes, turning each strip over halfway, until soft enough to roll, then set aside to cool.
- [ ] **2** Warm the 1/2 tsp olive oil in a large skillet over medium heat. Cook the yellow onion for 4-5 minutes until softened, stir in the garlic for 30 seconds, then add the kale and keep stirring for 3-4 minutes until it wilts and its moisture cooks off. Cool the pan slightly.
- [ ] **3** Stir the part-skim ricotta cheese, low-fat shredded mozzarella cheese, Plain Nonfat Greek yogurt, black pepper, and dried Italian seasoning together in a medium bowl, then fold in the cooled kale mixture.
- [ ] **4** Spread the no-salt-added crushed tomatoes in an even layer over the bottom of a 9 x 13 inch baking dish. Spoon 1/4 cup of filling onto the end of every eggplant strip, roll each one up snugly, and set the rolls seam down on top of the tomatoes.
- [ ] **5** Cover the dish loosely with foil and bake at 375 degrees F for 30 minutes. Uncover and bake another 20-25 minutes, until the eggplant edges brown and the sauce bubbles gently. Scatter the crushed red pepper flakes over the top if using.
- [ ] **6** Let the dish stand for 5 minutes, then top with the torn basil leaves and divide into 6 servings of 3 rolls each, spooning the sauce over every plate.

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