

Grilled Eggplant Rolls

Ingredients:

1 teaspoon olive oil
1 eggplant, sliced lengthwise in 1/4" strips
1 teaspoon olive oil
3 cloves of garlic, minced
1/4 cup panko or white breadcrumbs
1 tablespoon Parmesan cheese

Directions:

Place the teaspoon of olive oil in a large nonstick skillet over medium heat. Add the slices of eggplant and cover the pan. Steam and saute the slices, turning occasionally, until the eggplant is soft.

Saute the garlic and breadcrumbs in the other teaspoon of olive oil until browned. Remove from fire and toss in the Parmesan cheese.

Sprinkle a little breadcrumb garlic mixture on each slice of eggplant. Roll the eggplant and secure with a long bamboo skewer, threading it through like the photo.

Grill on foil with a little vegetable oil spray until browned on both sides.

Serve warm.

Optional garnish: warmed marinara sauce and hot pepper tomato paste as pictured.

Chef's Tips:

You can make these ahead of time and grill them later.

Servings & Nutrition:

Serves 6. Each 1 roll per person serving: 41 calories, 2g fat, 0g saturated fat, 0g trans fat, 1mg cholesterol, 46mg sodium, 5g carbohydrate, 0g fiber, 0g sugars, 1g protein.

Allergens: Wheat

