

Yummy Eggplant Lasagna Rolls

Rating: ★★★★★

Makes: 6 Servings

"I practice rhythmic gymnastics, and my coaches always talk about the importance of good nutrition. They advise us to eat a balanced diet, including veggies," says Aliana. "My mom loves eggplants. I do not like eggplants that much; they have millions of seeds! However, I do love pasta, so we came up with this recipe: eggplant lasagna rolls. We combined the eggplant with other veggies. We spread the eggplant filling over the lasagna pasta and rolled them up. As a pasta lover, I had to cover the rolls with a bit of tomato sauce and cheese. Yummy! For dessert, we chose fresh clementine oranges."

Ingredients

- 6 whole-grain lasagna sheets
- 1/4 cup olive oil
- 1 small onion, diced
- 2 cloves garlic, finely chopped
- 1/4 cup water
- 2 small eggplants, peeled and diced
- 2 small carrots (diced)
- 1 red bell pepper, seeded and diced
- 18 black olives, pitted and finely chopped
- 1 tablespoon finely chopped fresh cilantro leaves
- 1/4 teaspoon salt
- 1 cup shredded low-fat mozzarella cheese
- 3/4 cup tomato sauce

Directions

1. Preheat the oven to 350°F.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	373	
Total Fat	16 g	25%
Protein	15 g	
Carbohydrates	45 g	15%
Dietary Fiber	6 g	24%
Saturated Fat	4 g	20%
Sodium	619 mg	26%

MyPlate Food Groups

Vegetables	1 cup
Grains	1 1/2 ounces
Dairy	1/2 cup

2. In a large pot of boiling water, cook the lasagna until tender, about 7 minutes. Drain the lasagna and let it cool on a flat surface.
3. While the lasagna is boiling, in a large sauté pan over moderate heat, warm the olive oil. Add the onion, garlic, water, eggplants, carrots, bell pepper, olives, cilantro, and salt and cook, stirring occasionally, until the veggies are tender, about 8 minutes.
4. On a work surface, spread about 2 tablespoons of the eggplant filling over each lasagna noodle. Using about half of the total amount, divide the cheese among the lasagna noodles. Starting with the edge closest to you, roll each lasagna noodle tightly then secure with a toothpick.
5. Place the lasagna rolls in a large baking dish and cover each one with some tomato sauce and the reserved cheese.
6. Bake until the cheese is golden, 15 to 20 minutes.

Notes

State: Puerto Rico

Child's Name: Aliana Arzola Pinero, 9

The Epicurious 2013 Healthy Lunchtime Challenge Cookbook