

Eggplant Pasta Rollups



Ingredients:

- 6 whole grain lasagna sheets
- 1/4 cup olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1/4 cup water
- 2 small eggplants, peeled and diced
- 2 carrots, diced
- 1 red bell pepper, seeded and diced
- 2 teaspoons dried parsley
- 1/4 teaspoon salt
- 1 cup low-fat mozzarella cheese, shredded
- 3/4 cup tomato sauce

Directions:

1. Preheat oven to 350 F.
2. In a large pot of boiling water, cook lasagna per package directions.
3. Drain and let cool on a flat surface.
4. In a large pan, warm olive oil over medium heat.
5. Add the vegetables and spices, stirring occasionally, about 8 minutes, or until vegetables are soft.
6. Spread 2 tablespoons of the vegetable filling on each noodle.
7. Divide half of the mozzarella between the noodles.
8. Roll each noodle tightly and secure with a toothpick if needed.
9. Place rolled noodles in a baking dish. Top with tomato sauce and remaining cheese.

Makes 6 servings.



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