



Eggplant Involtini

“Involtini” means “little roll ups.” Involtini can be made with thinly sliced beef filled with tomato sauce (or many other things). In this case, involtini are made from grilled eggplant filled with ricotta.

2 medium-size, oblong eggplants
olive oil
1 ½ cups ricotta
½ cup grated parmesan or other hard cheese
parsley, basil or oregano, or a combination, finely chopped
salt
pepper
optional: tomato sauce

Slice the eggplant lengthwise into ¼-inch thick slices. Brush with olive oil and sprinkle with salt and broil for a few minutes on both sides until soft and lightly browned. Alternately, sauté eggplant slices on the stovetop.

Mix ricotta, grated parmesan, herb(s), salt and pepper and spread a generous tablespoon on each eggplant slice. Roll up tightly and secure with a toothpick, if you'd like. Serve with a drizzle of tomato sauce, if desired, or just plain as an appetizer or a main dish. Eggplant involtini can also be served baked, with the tomato sauce over the top.

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