

Eggplant Rollatini

Makes 3 servings | Active Time: 45 minutes | Total Time: 45 minutes

Swick

Chef's Notes

Store any leftover rolls in an airtight container in the refrigerator for up to 3 days.

RECIPE TIPS

You can substitute brown rice or quinoa for the millet.

Low Sodium Soy Sauce: Tamari and liquid aminos are gluten-free, soy-based products used in the same way you would use soy sauce. To avoid soy entirely, choose coconut aminos.

Nutritional Yeast: Popular in plant-based cooking for its “cheesy” flavor, nutritional yeast comes in both flaked and powdered form. If you buy powdered, use $\frac{1}{3}$ cup for every 1 cup of flakes specified in a recipe.

Step 1: Make the Rollatini

- 3/4 cup millet rinsed & drained (≈2 2/3 cups cooked)
- 3 cloves garlic minced (≈2 1/4 teaspoons)
- 1 1/2 tablespoons low-sodium soy sauce (or tamari or liquid aminos)
- 3 tablespoons low-sodium vegetable broth
- 1 1/2 eggplants stemmed & sliced lengthwise (≈1 1/2 lbs)
- 3/4 yellow onion diced (≈1 1/4 cups)
- 1 1/2 stalks celery, diced small (≈3/4 cup)
- 1 1/2 carrots peeled & grated (≈3/4 cup)
- 4 1/2 oz spinach chopped (≈4 1/2 cups)
- 1/3 cup fresh basil
- 3 tablespoons nutritional yeast (optional)
- sea salt
- freshly ground black pepper
- 3/4 (15-oz) can low-sodium tomato sauce (≈1 1/4 cups)

PREPARE GRAINS

Cook millet according to package instructions. Let cool, then fluff millet with a fork.

BAKE EGGPLANT

Preheat the oven to 350°F.

Mix 3/4 teaspoon garlic with the soy sauce and vegetable broth in a mixing bowl to make a marinade.

Place the eggplant slices on a baking sheet and brush with some of the marinade. Bake for 10 minutes. Turn the slices over, brush with more of the marinade, and bake for another 10 to 15 minutes, until the eggplant is tender. Remove the eggplant from the oven and set aside.

PREPARE FILLING

Combine the onion, celery, and carrot in a saucepan and sauté over medium heat, stirring frequently, for 7 to 8 minutes, until the onions start to turn brown and translucent. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking to the pan.

Add the remaining minced garlic and cook for 3 minutes more. Add the spinach, basil, and nutritional yeast (if using), and season with salt and pepper to taste. Cook until the spinach is wilted, then remove from the heat, add the cooked millet, and mix well. Taste and adjust the seasoning.

ASSEMBLE & BAKE

Preheat the oven to 375°F. Spread half of the tomato sauce in the bottom of a baking dish. Place an equal amount of the millet mixture in the middle of each slice of eggplant, and roll the slice over the mixture.

Place the eggplant rolls seam side down in the prepared baking dish. Top with the remaining tomato sauce, cover, and bake for 25 minutes.

Serve hot.