



Eggplant Lasagna Rollups

5 servings

1 hour

Ingredients

- 1 Eggplant (large, finely sliced lengthwise)
- 1 tsp Sea Salt
- 1 1/2 cups Ricotta Cheese
- 1/2 Lemon (juiced)
- 1/2 cup Parmigiano Reggiano (finely grated, divided)
- 1/2 cup Basil Leaves (chopped)
- 1 1/2 tsps Oregano (dried)
- 3 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 cups Marinara Sauce (divided)

Nutrition

Amount per serving	
Calories	305
Fat	22g
Carbs	16g
Fiber	4g
Protein	11g
Calcium	312mg

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Sprinkle the eggplant with salt and let it sit for 15 minutes. Then pat dry thoroughly.
- 3 Place on the prepared baking sheet and cook in the oven for 13 to 15 minutes. Remove from the oven and lower the oven temperature to 375°F (190°C).
- 4 In a bowl, mix the ricotta, lemon juice, half of the parmesan, basil, oregano, oil, salt, and pepper.
- 5 Spread 3/4 of the marinara sauce into a baking dish. Scoop about two tablespoons of the ricotta filling onto the larger part of an eggplant slice. Roll to close and place the seam-side down in the baking dish. Repeat until all of the eggplant and ricotta is used up.
- 6 Top with the remaining marinara and the remaining parmesan. Bake for 15 to 20 minutes or until warmed through. Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately three rolls and 1/3 cup of sauce. One large eggplant yields approximately 15 slices. An 8.5 x 11-inch (22 x 28 cm) casserole dish was used to make four servings.

Make it Vegan: Use blended tofu instead of ricotta.

Additional Toppings: Chopped basil.



Homemade Chai

4 servings
20 minutes

Ingredients

- 8 cups Water
- 5 servings Cinnamon Stick
- 2 tbsps Cardamom Seeds
- 2 tbsps Whole Cloves
- 1 1/2 tsps Black Peppercorns
- 2 tbsps Ginger (peeled and thinly sliced)

Nutrition

Amount per serving	
Calories	10
Fat	0g
Carbs	2g
Fiber	8g
Protein	0g
Calcium	48mg

Directions

- 1 Combine all ingredients together in a large pot. Bring to a boil then reduce to a simmer. Let simmer for 15 minutes and then strain. Serve as is, or with almond milk and honey. Enjoy!

Notes

Serve it With: A slice of our Blueberry Banana Bread or Pumpkin Loaf.

Leftovers: Store sealed in a mason jar in the fridge up to 5 days. Re-warm or enjoy as iced tea.



Marinara Sauce

4 servings
50 minutes

Ingredients

- 3 cups Canned Whole Tomatoes
- 1 White Onion (medium, halved)
- 3 Garlic (cloves, minced)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 2 tbsps Dried Parsley (optional)

Nutrition

Amount per serving	
Calories	85
Fat	3g
Carbs	10g
Fiber	2g
Protein	2g
Calcium	50mg

Directions

- 1 In a heavy bottom medium pot, combine tomatoes, white onion, garlic, and olive oil.
- 2 Bring the sauce to simmer over high heat, then turn the heat down to low and let it simmer for 45 minutes. Stir occasionally.
- 3 Remove the pot from heat. Use a slotted spoon to scoop out the onion and discard. Use an immersion blender to blend the sauce until smooth. Add salt and dried parsley if using.
- 4 Serve warm and Enjoy.

Notes

Leftovers: Sauce keeps well in an airtight container in the fridge for up to four days and in the freezer for up to six months.

Serving Size: One serving is equal to approximately 1/2 cup of sauce.

More Flavor: Add oregano and fresh basil.

How To Serve: Serve Marinara sauce with meatballs, pasta, or as a pizza sauce.