

Eggplant Lasagna Rolls

Serves 4

Allergens: Contains soy, tree nuts

Recipe from [Minimalist Baker](#)



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 2 eggplants, sliced into 12 ¼- inch slices lengthwise
- 2 lemons, juiced (about 1/3 cup)
- 12 ounces extra firm tofu, drained and pressed for 10 minutes
- 3 tablespoons nutritional yeast
- ½ cup fresh basil, chopped
- 1 tablespoon dried oregano
- 3-4 tablespoons extra virgin olive oil
- ½ teaspoon salt
- ½ teaspoon pepper
- 2-3 cups marinara sauce

Vegan “Parmesan” (Optional)

- ¼ cup raw cashews
- 1 tablespoon nutritional yeast
- ¼ teaspoon salt
- pinch garlic powder

Directions

1. Preheat oven to 425°F.
2. Salt eggplant slices and let sit for 15 minutes to release the bitter juices. Rinse and lay to dry between two towels with something heavy on top to press out excess moisture.
3. Arrange eggplant slices on 1-2 baking sheets in a single layer and bake for 13-15 minutes. Set aside and lower oven temperature to 375°F.
4. To make vegan parmesan, pulse cashews, nutritional yeast, salt and garlic powder until the cashews are finely minced.
5. To make tofu ricotta, combine tofu, ¼ cup vegan parmesan (optional), nutritional yeast, basil, lemon juice, oregano, olive oil, salt and pepper in a food processor. Pulse until it resembles ricotta cheese. Adjust flavors if necessary.
6. Pour about 1 cup of marinara into a casserole dish. Scoop about 1/3 cup of tofu mixture into each eggplant slice and roll up. Place into the casserole dish seam side down and repeat with remaining eggplant. Pour more marinara over the top.
7. Bake for 15-23 minutes or until sauce is bubbly and eggplant is starting to brown. Serve with optional extra vegan parmesan and fresh basil leaves.

Recipe from [Plant Powered Meals, Fall 2017](#)