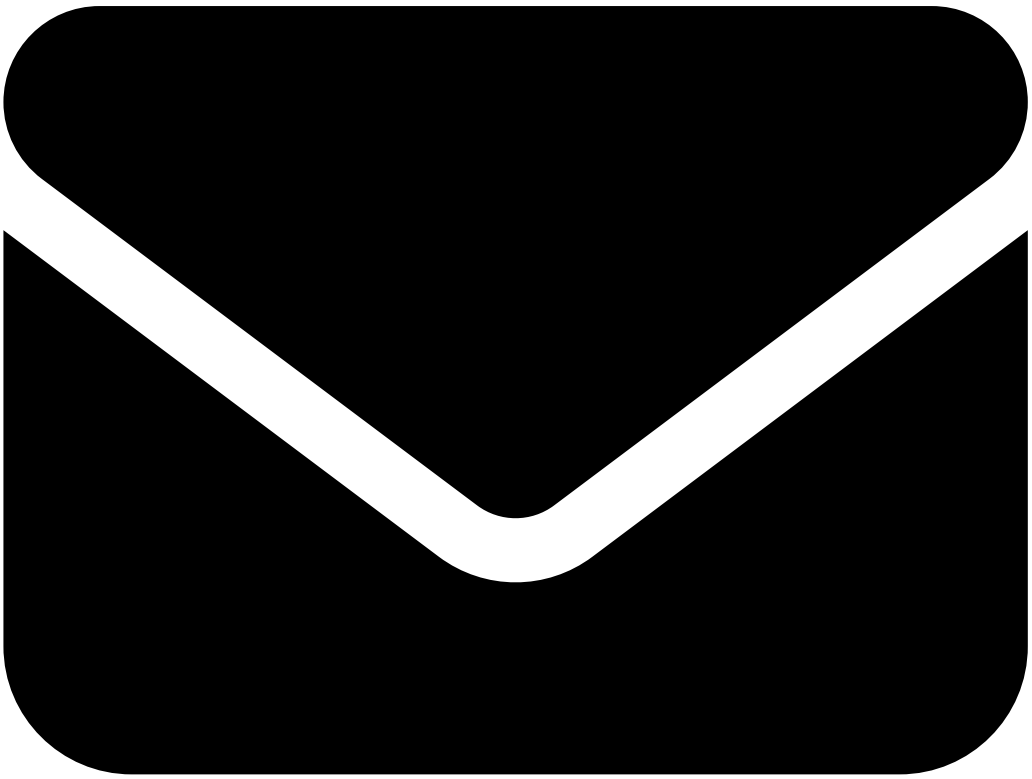
Vegetarian stuffed eggplant rollatini

Vegetarian Stuffed Eggplant Rollatini

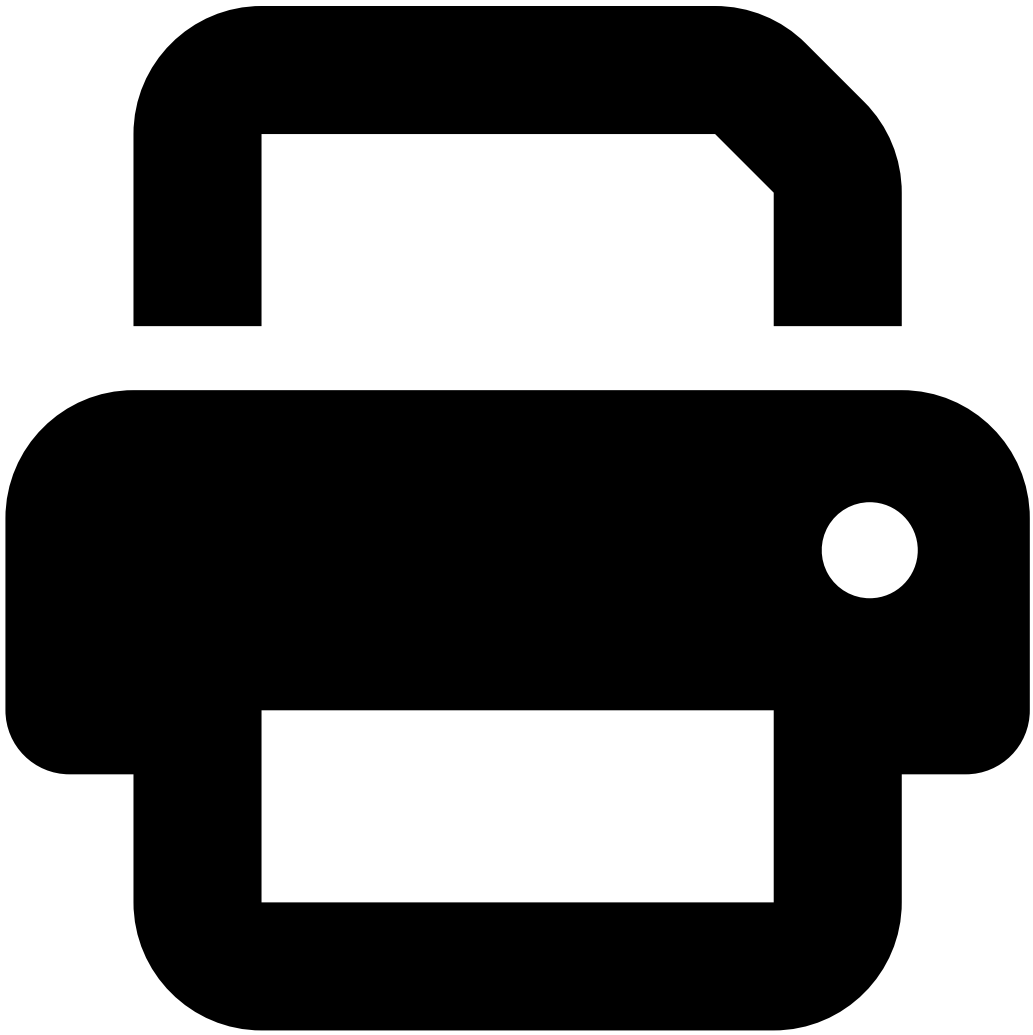
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Vegetarian stuffed eggplant rollatini is a delicious dish that marries tender slices of roasted eggplant with a creamy ricotta filling, then baked to perfection in my marinara tomato sauce.
This Italian -inspired recipe is as satisfying as it is beautiful, with its rolled presentation and layers of flavor. It’s a great option for vegetarians or anyone looking for a lighter twist .

The filling is typically make with a rich blend of ricotta, spinach, egg and parmesan and seasoned with simple Italian herbs. Once stuffed and rolled, the eggplant rollatini are nestled into a marinara sauce lined casserole baking dish topped with more sauce and parmesan and baked. this dish is perfect for dinner parties, family meals or part of an Italian -inspired spread.

Why you will love this vegetarian stuffed eggplant rollatini

It’s a lighter comfort food:. This vegetarian stuffed eggplant rollatini recipe has all the flavors of classic Italian comfort dishes, but with a lighter twist. By using eggplant instead of pasta , you get a meal that’s satisfying without being heavy. It’s the perfect way to enjoy rich flavors while keeping it vegetarian.

Versatile: Whether you’re serving vegetarians or experimenting with meatless Mondays, or simply looking to change up your dinner routine this dish is surefire hit. The customizable filling options means you can make this recipe to fit your lifestyle and taste.

Packed with Italian flavors: Every bite bursts with the best of Italian food- creamy ricotta, fragrant herbs, tangy marinara, and just the right amount of cheese. It’s a dish that brings the comfort of a classic Italian kitchen straight to your table.

It can be made ahead of time: Vegetarian stuffed eggplant rollatini is an excellent make-ahead dish, perfect for busy weeknights, or feeding a crowd. You can prepare the entire recipe in advance by assembling the rolls, layering them in the sauce, and covering the dish with foil before storing in the refrigerator for up to two days, then baking when you are ready to serve. It’s also freezer friendly!!!!

Storage

Refrigerator: Store cooled rollatini in an airtight container or covered baking dish for **up to 4 days**. Reheat in a 350°F oven until hot and bubbly.

Freezer: Assemble the rollatini without baking and freeze tightly covered for **up to 3 months**. Thaw overnight in the refrigerator, then bake as directed, adding a few extra minutes if needed.

More Italian Vegetarian Recipes

Looking for more meatless Italian favorites? Try my Moms **Italian Stuffed Eggplant**, **Pasta alla Nerano**, and **Zucchini Lasagna**. You can also browse my **Vegetarian Recipes** for more comforting Italian-inspired meals.

Vegetarian Stuffed Eggplant Rollatini



Tender slices of eggplant rolled around a creamy Italian cheese filling and baked in a savory tomato sauce until bubbling and golden. This vegetarian eggplant rollatini is comforting, flavorful, and makes a delicious meatless Italian-inspired dinner.

- 2 medium size eggplant
- 4 cups ricotta cheese
- 1 cup grated parmesan cheese
- 2 cups finely chopped spinach
- 2 Tbsp. chopped Italian parsley

- 1 egg
- salt and pepper to taste
- 4 cups my easy marinara sauce

1. Start by cleaning the eggplant then cut on the long side into thin slices

2. Salt and pepper the eggplant drizzle with olive oil and bake in a 375- degree preheated oven for 10- 15 minutes to soften .
3. In the meantime make the filling in a bowl add the ricotta, parmesan, spinach, parsley, egg, salt and pepper and mix until well combined.
4. Then place 2 tbsp. of the filling in the center of each eggplant slice and roll jelly roll style.
5. In an oven proof casserole dish spread haft of the marinara sauce place the eggplant rollatini in the casserole dish seam side down. Top with the remaining marinara, additional parmesan and bake in a 375-degree preheated oven for 45 minutes. Top with fresh basil

Salt the eggplant before cooking. This helps draw out excess moisture and gives you tender slices that are easier to roll without becoming watery. Don’t overfill the eggplant—about 2 tablespoons of filling per slice is usually enough for a neat roll.

Main Course
Italian
vegetarian stuffed eggplant rollatini