

Grilled Eggplant Rollatini

STUFFED WITH ROASTED RED PEPPER
HUMMUS WITH ZUCCHINI AND CARROT STICKS



THE HUMANE SOCIETY
OF THE UNITED STATES

YIELD: 20 slices

10 Servings

Ingredients	Qty	Measure
Eggplant (slice lengthwise, soak in water for 10 minutes)	20	Slices
Balsamic vinegar	½	Cup
Cajun seasoning (Tony Chachere's)	1	Tbsp
Zucchini sticks	1	Cup
Carrot sticks	1	Cup
Earth Balance	2	oz
Red Pepper Hummus		
Garbanzo beans (drain and reserve juice)	15	oz
Roasted red peppers	4	oz
Olive oil	4	oz
Fresh garlic	¼	Cup
Tahini paste	½	Cup
Salt	1-2	tsp

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Marinate eggplant in balsamic vinegar and Cajun seasoning and grill
2. Sauté zucchini and carrots slightly (not too soft)

Hummus

1. In a food processor add beans, oil, garlic, tahini and salt. Blend until smooth. If too thick, add reserved liquid, a little at a time
2. Put a tablespoon on each eggplant and roll up
3. Serve on top of zucchini and carrot sticks

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Lay out grilled eggplant, spread 1 tbsp. of roasted red pepper hummus, and roll up. Serve 1 roll up with 3 carrot sticks and 3 zucchini sticks, top with 1 oz. of micro greens.

Nutrition Information

*From USDA Nutrient Database

Calories: 305 Total Fat: 23 g Saturated Fat: 4 g Carbohydrate: 21 g Protein: 6 g Sodium: 375 mg
Vitamin A: 8% Vitamin C: 27% Calcium: 9% Iron: 11%