

RECIPE | EGGPLANTS

# EGGPLANT CANNELLONI



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## INGREDIENTS

Basil and Spinach filling:

2 Pure Flavor® Graffiti or Purple baby eggplant, cut into ¼ - ½ inch thick slices

¾ cup fresh spinach

3 cloves fresh garlic, crushed

2 cups cashews, **drained after soaking for minimum 4 hours**

½ cup almond milk

¼ cup nutritional yeast

2 tbsp. fresh lemon juice

½ cup fresh basil

½ tsp. salt

¼ tsp. pepper

Tomato sauce:

7 Pure Flavor® Roma tomatoes, chopped

2 cloves fresh garlic, minced

2 tbsp. fresh basil, chopped

1 tsp. honey or another sweetener (optional)

2 tbsp. grated parmesan (optional)

2 tbsp. olive oil

Salt and pepper to taste

## DIRECTIONS

1. Preheat the oven to 350°F.
2. Place cashews in blender or food processor with garlic, nutritional yeast, lemon juice and almond milk. Blend until a creamy consistency. Add spinach and basil, continue blending until smooth. Season with salt and pepper, set aside.
3. Lightly salt sides of eggplant and allow to rest 10-15 minutes, removing excess moisture. After 15 minutes, wipe eggplant with paper towels to remove salt. The eggplant can be grilled 2-3 minutes per side on an oiled grill or baked in oven for 15 minutes at 350° F (175° C). Once cooked, remove and set aside.
5. For Sauce: Heat olive oil in a pot on medium low heat. Add garlic, do not allow to brown. Cook until soft before adding in tomatoes and sweetener (if using). Let sauce simmer 10 minutes until it begins to thicken. Puree sauce to smooth consistency, still slightly chunky. Season with salt and pepper, pour small amount of sauce into bottom of baking dish.
6. Place 2-3 spoonfuls of spinach and basil mixture onto end of each slice of eggplant and roll tightly, placing seam side down on top of the sauce in dish. Pour remainder of sauce otop the rolls and bake in oven for 15 minutes.
8. Serve straight from oven, sprinkled with parmesan and chopped basil.



**TOTAL TIME**

44 minutes

**PREP TIME**

15 minutes

**COOK TIME**

40 minutes

**SERVES**

4

**COOKING LEVEL**

Difficult