



Grilled Vegetable Rolls

8 Servings • 1 Serving = 4 Rolls

Recipe developed by Connie Guttersen, RD, PhD

INGREDIENTS

- 1 red bell pepper
- 2 small zucchini or yellow squash
- 2 Japanese eggplant
- 1 Tablespoon extra virgin olive oil
- $\frac{3}{4}$ cup feta cheese, crumbled
- $\frac{1}{2}$ cup low-fat ricotta cheese
- $\frac{1}{4}$ cup pine nuts, toasted
- $1\frac{1}{2}$ Tablespoons mint, chopped
- $\frac{1}{2}$ teaspoon lemon zest
- $\frac{1}{2}$ teaspoon lemon juice
- 1 scallion, chopped
- Salt and pepper to taste

DIRECTIONS

1. Preheat grill on high.
2. Place the pepper on the grill and roast until charred on all sides. Place in a bowl and cover with plastic wrap. Let steam for 15 minutes, peel, and remove the stem and seeds. Cut into 1" thick strips.
3. Trim the ends of the squash and eggplants. Slice lengthwise into $\frac{1}{4}$ " thick pieces, then season with salt and pepper. Let sit for 10 minutes, then pat dry. Drizzle with olive oil and grill over high heat, cooking on both sides until crisp-tender, about 3-4 minutes. Cool on a wire rack in a single layer until ready to use to keep them from overcooking. The vegetables can be prepared the day before or you can use leftover grilled vegetables.
4. Combine the feta and ricotta cheese. Stir in half of the pine nuts, 1 Tablespoon mint, lemon zest and juice, and scallion. Season with salt and pepper.
5. Lay $3\frac{1}{2}$ " long pieces of the grilled vegetables on a flat surface. Season vegetables with salt and pepper. Place 1 teaspoon of filling at the end of each vegetable. Roll the vegetable around the filling. Do not roll too tightly. Place seam side down on a platter.
6. Garnish with remaining pine nuts and mint.

Nutrition Facts	
8 servings per container	
Serving size	4 rolls
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 170mg	7%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 114mg	8%
Iron 1mg	6%
Potassium 390mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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