

# TURKEY EGGPLANT ROLL UPS



## SERVING SIZE

4



## INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
large Eggplants, sliced lengthwise into 8 slices each (24 slices total)	3	Sun-Dried Tomatoes	½ Cup
Salt	1 Tsp.	Fresh Parsley, chopped (divided)	2 Tbsp.
Olive Oil	1 Tbsp.	Dried Oregano (divided)	2 Tsp.
Shallot, diced	½ Cup	Fresh Basil, chopped (divided)	2 Tbsp.
Baby Bella Mushrooms, sliced	1 Cup	Can Diced Tomatoes	14.5 Oz.
Garlic Cloves, minced	6	Can Tomato Sauce	15 Oz.
Ground Turkey	1 Lb.	Can Tomato Paste	6 Oz.



## PREPARATION

- Sprinkle eggplants with salt and let sit for 15 minutes to release moisture. Pat dry.
- Heat olive oil in a skillet over medium heat.
- Add shallot, mushrooms, and garlic. Sauté until softened, about 5 minutes.
- Stir in ground turkey and cook until browned.
- Add sun-dried tomatoes, 1 tbsp. parsley, 1 tsp. oregano, and 1 tbsp. basil. Cook for another 2-3 minutes.
- In a saucepan, combine diced tomatoes, tomato sauce, tomato paste, remaining parsley, oregano, and basil. Simmer for 10 minutes to blend flavors.
- Place a spoonful of turkey mixture onto each eggplant slice. Roll tightly and arrange seam side down in a baking dish.
- Pour the tomato sauce evenly over the roll ups. Cover with foil and bake at 375°F (190°C) for 25-30 minutes, until eggplant is tender.
- Remove from oven, let cool slightly, and serve warm.