

Meals with Teal #7

Menu:

Eggplant Rollatini
Spaghetti squash bake

Bonus: Tiramisu

Recipes:

Eggplant Rollatini:

Ingredients

2 medium eggplants, washed
8 oz shredded mozzarella cheese
15 oz Ricotta cheese, part skim
1 c grated Romano cheese
1 egg
½ - 1 tsp garlic powder
¼ - ½ tsp Italian seasoning
32 oz Rao's Marinara or Basil tomato sauce
1 c fresh basil

*Peel part of the skin of the eggplants. Thinly slice vertically (see in video, about 3-4mm). Bake at 400 about 20 min, flipping at about 12 min.

*Place ½ c basil and 1 jar of Raos in a saucepan and simmer.

*Mix Ricotta with ½ - ¾ c Romano, garlic, Italian seasoning, and the egg.

*Spread pasta sauce on a casserole dish (about ½ c). Spread ricotta mixture on the eggplant slices and roll. Place on top of sauce. Spread sauce (do not include basil) on top of eggplant rolls and sprinkle with Romano. Sprinkle garlic powder and Italian seasoning to taste. Spread mozzarella on top. Place some of the remaining basil leaves on top.

*Bake at 400 about 20-25 min until the cheese is melted and basil is browned.

Spaghetti Squash bake:

Ingredients

Spaghetti Squash cut in half and seeds removed.

*Line a cookie sheet with aluminum foil and spray with olive oil. Put the squash cut side down on the prepared sheet. Bake at 375 around 45-60 min until tender.

*Once cooked scoop out squash and sprinkle with Romano cheese.

*Or make a casserole with pasta sauce and mozzarella cheese on top. Bake another 15-20 min at 375-400.

Bonus – Tiramisu:

Ingredients

1 ½ c heavy whipping cream

8 oz container mascarpone cheese, room temperature

1/3 c granulated sugar

1-2 tsp vanilla extract

1 ½ c cold espresso or coffee

3 TBSP coffee liquor (optional)

1 package lady fingers

Cocoa powder for dusting.

*Add whipping cream to a mixing bowl and beat on medium speed with electric mixers or a stand mixer. Once there are peaks developing slowly add sugar and vanilla and continue to beat until peaks are stiff. Add mascarpone cheese and fold in until combined. Set aside.

*Sprinkle an 8x8 inch pan with cocoa powder.

*Add coffee (and liqueur) to a shallow bowl. Quickly dip the lady fingers in the coffee on both sides and lay in a single layer on the pan.

*Smooth mascarpone over top and sprinkle with cocoa powder. Do the same for 1-2 more layers.

*Refrigerate for at least 3-4 hours or preferably overnight.

Meals with Teal Video#7:

<https://www.youtube.com/watch?v=SCcycm60qag>

The "bonus" video:

<https://www.youtube.com/watch?v=4qR-1MRK6L0>

Grocery List from Safeway:

Condiments, Spice & Bake

Signature SELECT Garlic Powder - 3.12 Oz **\$2.99**

Signature SELECT Italian Seasoning - 0.75 Oz **\$2.79**

Dairy, Eggs & Cheese

Galbani Cheese Ricotta With Part Skim Milk - 32 Oz **\$5.99**

Lucerne Cheese Shredded Low-Moisture Part-Skim Mozzarella - 8 Oz **\$1.80**

Fruits & Vegetables

Eggplant -2 **\$3.58**

Basil Hydroponic Prepacked **\$2.49**

Spaghetti Squash **\$6.76**

Grains, Pasta & Sides

Raos Homemade Sauce Marinara Jar - 32 Oz your price after savings **\$7.99**

Delallo Grated Romano Cheese - 8 Oz. **\$6.49**

Total: \$40.38 (\$53 without sale items)

Safeway gift card: \$50

Nutritional Information:

Title Spaghetti Squash Bake

Servings 4

Nutrition Facts (per 1 Serving)

Calories 65

Total Fat 0.6 g

Saturated 0.1 g

Trans 0 g

Polyunsaturated 0.3 g

Monounsaturated 0.1 g

Cholesterol 0 mg

Sodium 43.1 mg

Total Carbohydrates 15.5 g

Dietary Fiber 3.4 g

Sugar 6.1 g

Added Sugars 0 g

Sugar Alcohols 0 g

Net Carbs 

Protein 1.6 g

Vitamin D 0 %

Calcium 5 %


Iron 4.5 %

Potassium 280.2 mg

Vitamin A 5.3 %

Vitamin C 14 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Title	Eggplant Rollatini
Servings	10
Nutrition Facts (per 1 Serving)	
Calories	341
Total Fat	16.7 g
Saturated	9.7 g
Trans	0 g
Polyunsaturated	0.4 g
Monounsaturated	2.1 g
Cholesterol	56.1 mg
Sodium	821.4 mg
Total Carbohydrates	27.1 g
Dietary Fiber	6.4 g
Sugar	9.3 g
Added Sugars	0 g
Sugar Alcohols	0 g
Net Carbs	
Protein	24.4 g
Vitamin D	1.4 %
Calcium	63 %
Iron	8.6 %
Potassium	638 mg
Vitamin A	8.2 %
Vitamin C	3.7 %

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