



Makes 16 to 18 rolls
Preparation Time: 50 minutes
Cook Time: 45 minutes

INGREDIENTS:

1½ cups low-sodium vegetable broth

¾ cup dry short grain brown rice

2 1-lb. globe eggplants

½ teaspoon sea salt

Freshly ground black pepper, to taste

1 15-oz. can no-salt-added chickpeas

⅓ cup finely chopped pitted olives, such as Kalamata or Castelvetrano

¼ cup + 2 tablespoons chopped fresh parsley

1 tablespoon chopped fresh oregano

1 teaspoon Aleppo pepper

2 14- to 15-oz. cans no-salt-added crushed tomatoes

2 cloves garlic, minced

1 teaspoon Italian seasoning, crushed

¾ cup whole wheat panko

⅓ cup pine nuts, toasted

Risotto-Filled Eggplant Rollatini

In this comforting vegan eggplant rollatini, tender roasted [eggplant](#) slices are wrapped around a hearty, [Mediterranean](#)-inspired risotto filling made with chickpeas, brown rice, briny olives, and fresh herbs. The hearty bundles are nestled in a garlicky crushed tomato sauce and topped with a crunchy pine nut–panko topping. This [vegan casserole](#) is perfect for a cozy family dinner or an impressive main course for guests. Serve with a green salad and plenty of crusty bread to soak up the sauce.

Gluten-free version: To make this gluten-free, use gluten-free panko bread crumbs.

For more inspiration, check out these tasty ideas:

- [Zucchini Rollatini with Quinoa and Chickpeas](#)
- [Mediterranean Pasta Bake with Mushrooms and Eggplant](#)
- [Warm Spiced Eggplant Salad](#)
- Or check out our collection of [eggplant recipes](#).

By Ellen Boeke

- 1 In a medium saucepan bring broth to boiling; stir in rice. Reduce heat. Cover and simmer 40 to 45 minutes or until rice is tender and liquid is absorbed.
- 2 Meanwhile, preheat oven to 400°F. Line two large baking sheets with parchment paper or a silicone baking mat. Trim eggplants, then cut them lengthwise into ¼-inch-thick slices. Arrange slices on prepared baking sheets. Brush lightly with water. Sprinkle with salt and pepper. Bake 10 minutes or until tender and lightly browned. Let stand until cool enough to handle. Reduce oven temperature to 350°F.
- 3 Drain chickpeas and reserve liquid (aquafaba). In a large bowl coarsely mash drained chickpeas. Stir in cooked rice, olives, 2 tablespoons of the parsley, the oregano, and Aleppo pepper. If needed, add reserved aquafaba, 1 tablespoon at a time, until filling holds together.
- 4 Pour undrained tomatoes into a 3-quart rectangular baking dish. Stir in 1 clove minced garlic, Italian seasoning, and 1 cup of the rice mixture.
- 5 To assemble rolls, spoon 2 to 3 tablespoons rice mixture onto the short end of a roasted eggplant slice. Roll up to enclose mixture and place seam side down in baking dish. If there is any rice mixture left over, spread it between assembled rolls. Cover dish with foil. Bake 30 minutes or until heated through.
- 6 In a small bowl stir together panko, pine nuts, and the remaining ¼ cup parsley and 1 clove minced garlic. Sprinkle over baked rolls.