

COOKING FOR WELLNESS

August 2025



CANCER SUPPORT
COMMUNITY
GREATER ANN ARBOR

Savory Eggplant Roll-Ups with Creamy Ricotta and Spinach

Ingredients

Scale 1x2x3x

- 2 medium eggplants, sliced lengthwise into 1/4-inch thick slices
- 1 cup ricotta cheese
- 1 cup fresh spinach, chopped
- 1/2 cup grated Parmesan cheese
- 1 clove garlic, minced
- Salt and pepper to taste
- Olive oil for brushing
- Marinara sauce for serving
- Optional: Chopped fresh basil or parsley
- Optional: Red pepper flakes
- Optional: Chopped mushrooms or zucchini
- Optional: Crumbled feta cheese

Instructions

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Brush both sides of the eggplant slices with olive oil and place them on the prepared baking sheet. Roast for 15–20 minutes, flipping halfway through, until tender and lightly golden. Set aside to cool.
3. In a mixing bowl, combine ricotta cheese, chopped spinach, grated Parmesan, minced garlic, salt, and pepper. Mix until well blended. Add optional feta or chopped vegetables if desired.
4. Place about a tablespoon of the ricotta mixture on one end of each eggplant slice and roll it up tightly.
5. Spread a layer of marinara sauce in a baking dish. Arrange the roll-ups seam side down over the sauce.
6. Spoon a bit more marinara sauce over the top of the roll-ups and sprinkle with additional Parmesan, if desired.

7. Bake at 375°F (190°C) for 20 minutes, until heated through and bubbly.
8. Garnish with chopped basil or parsley and a pinch of red pepper flakes before serving.

Notes

- Salting the eggplant slices and letting them sit for 20 minutes before roasting can help remove bitterness.
- Make ahead by assembling the roll-ups a day in advance and baking before serving.
- Serve with a side salad or crusty bread for a complete meal.
- Leftovers can be stored in the refrigerator for up to 3 days and reheated in the oven.

Nutrition

- *Serving Size:* 2–3 roll-ups
- *Calories:* 220
- *Sugar:* 5g
- *Sodium:* 480mg
- *Fat:* 14g
- *Saturated Fat:* 5g
- *Unsaturated Fat:* 8g
- *Trans Fat:* 0g
- *Carbohydrates:* 12g
- *Fiber:* 4g
- *Protein:* 12g
- *Cholesterol:* 30mg



Mango Chickpea Salad

Author: Catherine Perez Prep Time: 15 minutes

Cook Time: 30 minutes Total Time: 45 minutes

Yield: 2-3 servings Category: Main Dish Method: Roasting

Cuisine: American Diet: Vegan

DESCRIPTION

This Mango Chickpea Salad is packed with protein and fresh citrusy flavor. Served over high protein tofu rice to make this easy weeknight meal super satisfying.

INGREDIENTS

SCALE

Protein Rice

- 1 cup short grain white rice, rinsed well
- 1/2 block super firm tofu
- 1/2 tbsp cornstarch
- 1/2 tbsp soy sauce
- 1/2 tbsp hoisin sauce
- 1/2 tbsp avocado oil

Crispy Chickpeas

- 1, 15 oz can chickpeas, drained and rinsed
- 1 tbsp oil
- 1 tsp smoked paprika
- 1/2 tsp ground coriander
- 1/2 tsp garlic powder
- 1/2 tsp onion powder

Mango Avocado Salad

- 2 ataulfo mangos, cubed
- 1 medium avocado, cubed
- Juice and zest of 1 lime
- 1 tbsp sweet chili sauce
- 1-2 tsp maple syrup, optional
- 1 jalapeno, seeds removed and finely diced
- 1/4 medium red onion, finely diced
- 1/2 English cucumber, seeds removed and finely diced

1/4 cup cilantro, minced
Kosher salt to taste

INSTRUCTIONS

- 1 Cook your rice in a rice cooker or pot according to package instructions. Make sure to add a generous pinch of salt to the cooking water when cooking.
- 2 Preheat oven to 425F. Pat your chickpeas dry with a clean kitchen towel and transfer to a baking tray. Top with the oil and spices then season with a pinch of salt and spread out into a single layer on the tray. Place in the oven for 25-30 minutes, tossing half way and baking until crispy.
- 3 Place a box grater over another baking tray and use it to grate your tofu into shreds using the largest holes. Top the tofu with the cornstarch, soy sauce, hoisin sauce, and avocado oil. Toss to coat then spread out into a single layer on the baking tray. Bake in the oven for 12 minutes, toss and bake for another 5 minutes until golden.
- 4 Once the rice is cooked, transfer the tofu to the pot and toss until evenly mixed, adjusting salt to taste.
- 5 To make the mango avocado salad, combine the mangos, avocado, red onion, jalapeno, cucumber, cilantro and a generous pinch of salt to a large mixing bowl. To a separate small bowl, combine the lime zest and juice, sweet chili sauce and maple syrup. Stir well then pour over the salad then gently fold everything together to combine.
- 6 To serve, spoon some rice into a bowl then top with the mango avocado salad then the crispy chickpeas. Garnish with more fresh herbs as desired then enjoy.

NOTES

- i **Save some time and use some ready made rice.** When I want one less pot to clean, I'll grab a bag of frozen rice and heat it up in the microwave. Then all you need to do is add the tofu when it is done baking.
- i **Season to taste.** Salt will help to amplify the natural flavors added to this bowl. Start with a small amount then slowly add small amounts at a time while tasting to meet your personal taste. Everyone's preference will be different, so see what works best for you.
- i **For crispy chickpeas, make sure to pat them well with a clean kitchen towel.** Removing excess moisture will help the chickpeas roast properly. It also helps to give enough space for your chickpeas on the baking tray, so spread them out in a single layer when roasting.
- i **Fold in your mango and avocado right before serving.** These two ingredients are the time sensitive ones. As soon as you cut into them, they will start to slowly oxidize, so leaving it till last will help preserve the freshness of your salad.

Kohlrabi Fritters with Avocado Cream Sauce



4.8 from 9 reviews

Looking for kohlrabi recipes? These kohlrabi fritters with avocado cream sauce highlight these purple vegetables, and they're vegetarian and gluten-free.

Author: [a Couple Cooks](#)

Prep Time: 15 minutes

Cook Time: 15 minutes

Total Time: 30 minutes

Yield: 8 fritters 1x

Category: Appetizer

Method: Stovetop

Cuisine: American



[PIN RECIPE](#)

Ingredients

For the kohlrabi fritters

- 2 kohlrabi
- 1 carrot
- 1 egg
- ¼ teaspoon [kosher salt](#)
- ¼ teaspoon cayenne
- ½ cup grapeseed or vegetable oil (enough for ¼-inch depth in a large skillet)

For the avocado cream

- ½ avocado
- ¼ cup plain yogurt
- ½ lemon
- ¼ teaspoon [kosher salt](#)
- Green onions (for garnish)

Cook Mode Prevent your screen from going dark

Instructions

1. Cut the leaves off the kohlrabi and peel the bulb. Peel 1 carrot. Shred the vegetables in a food processor, by hand using a grater. Squeeze the shredded vegetables in a tea cloth (or with your hands) to remove moisture, then add to a medium bowl with the egg, [kosher salt](#), and cayenne. Mix to combine.
2. Place the oil in a large skillet (enough for 1/4-inch depth). Heat the oil over medium high heat, then place small patties of the fritter mixture into the oil. Fry on one side until browned, then fry on the other side. Remove and place on a plate lined with a paper towel to drain excess oil.
3. For the dipping sauce: [Remove the avocado pit](#) and scoop out the flesh with a spoon. In a small bowl, mix the avocado, plain yogurt, lemon juice, and [kosher salt](#) to make the avocado cream (or blend the ingredients together in a food processor).
4. To serve, [slice the green onions](#). Serve fritters with avocado cream and green onions. Note: These fritters are best eaten warm the day of making; they don't save well. Like anything made with avocado, the avocado cream sauce will become brown after exposure to air. Make sure to cover the surface with plastic wrap when storing.

Find it online: <https://www.acouplecooks.com/kohlrabi-fritters-with-avocado/>
