

# Eggplant Cheese & Ham Rolls

HIGH PROTEIN | LOW CARB | NO ADDED SUGAR



## Makes:

About 8-10 rolls

## INGREDIENTS

- 1 eggplant, sliced thinly lengthwise
  - A little olive oil for drizzling
  - Sliced ham
  - Sliced cheese
  - Grated cheese for topping
  - Optional: parmesan, herbs, pepper or chilli flakes
- Ingredient note Use organic ingredients whenever possible. Season well and adjust cheese,...

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Use organic ingredients whenever possible. Choose whole-food ingredients without added sugar, fillers, preservatives or artificial ingredients.

## INSTRUCTIONS

1. . Preheat oven or air fryer to 350°F.
2. . Slice the eggplant thinly lengthwise and lay the slices on a lined tray.
3. . Drizzle lightly with olive oil.
4. . Bake the eggplant slices for about 15 minutes at 350°F, until softened enough to roll.
5. . Layer sliced ham and cheese on top of each softened eggplant slice.
6. . Roll each piece about 1 1/2 inches high and arrange the rolls tightly in an ovenproof dish.
7. . Sprinkle with grated cheese.
8. . Bake until heated through and golden on top.

## VICTORIA'S TIP

■ *Eggplant is also known as aubergine. Use thin slices so the rolls are easy to shape.* ■

## APPROXIMATE NUTRITION

Approximate nutrition per roll: 80-120 calories, 6-9 g protein, 5-8 g fat, 2-4 g net carbs. Nutrition will vary depending on the size of the eggplant slices and the ham and cheese used.  
STOP SUGAR CRAVE™ Low Carb • High Protein • No Added Sugar

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