

Eggplant Cheese & Ham Rolls

Thin eggplant slices rolled with ham and cheese, then baked until golden.



Yield	About 8-10 rolls
Prep time	About 15 minutes
Cook time	About 25-30 minutes total
Website page	https://stopsugarcrave.com/eggplant-ham-rolls
Original video	Aubergine cheese and ham rolls and Veggie egg bites.MOV

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, vegetables and herbs to taste.

Method

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.

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Victoria's Healthy Recipe Goddess Series

Kitchen Notes

- Eggplant is also known as aubergine. Use thin slices so the rolls are easy to shape.
- Arrange the rolls snugly in the dish so they hold their shape while baking.
- This is a low-carb comfort food option that can be served as a snack, side dish or light meal.
- Use organic ingredients whenever possible, especially cheese and deli meat.
- Choose ham with simple ingredients and no added sugar when possible.



Nutrition Estimate

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.

Watch the Full Video

This recipe is from the original video file: **Aubergine cheese and ham rolls and Veggie egg bites.MOV**

Vimeo link: <https://vimeo.com/1210062442?fl=ls&fe=ec>

Scan the QR code to open the recipe page:



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