



# *Wellnesssleuth* Recipes

Enjoy your day with  
delicious food

---

[www.wellnesssleuth.com](http://www.wellnesssleuth.com)





## PESTO EGGPLANT PARMESAN

### INGREDIENTS:

#### Ingredients

- 2 T. olive oil, divided
- 1 large eggplant, thinly sliced
- 1-½ c. marinara sauce, homemade or store-bought
- ½ c. basil pesto, homemade or store-bought
- 1 7-oz. ball of fresh mozzarella cheese, thinly sliced
- ¼ c. parmesan cheese, shredded
- ½ c. fresh basil, chopped
- Sea salt and black pepper to taste

### DIRECTIONS

- Directions:
- - Preheat the oven to 400° F and grease a large rimmed baking sheet with one a tablespoon of olive oil.
- - Arrange the prepared eggplant slices on the greased baking sheet and place in the oven to roast until nicely browned around the edges, around 20 minutes.
- - Remove the eggplant slices from the oven and set aside to cool for a few minutes.
- - Grease a 9x13-inch casserole dish with the remaining tablespoon of olive oil.
- - Arrange half of the roasted eggplant slices on the bottom of the casserole dish. Top with half of the marinara, half of the pesto, and half of the mozzarella cheese.
-





## DIRECTION: CONTINUED

- Repeat for the second layer and finish by sprinkling the parmesan on top. You can also use a smaller baking dish and make more layers for taller eggplant parmesan.

- Place in the oven to roast until everything is bubbling nicely and the cheese is all melted and golden, around 10-15 minutes. - Top with fresh parsley and serve immediately. Enjoy!



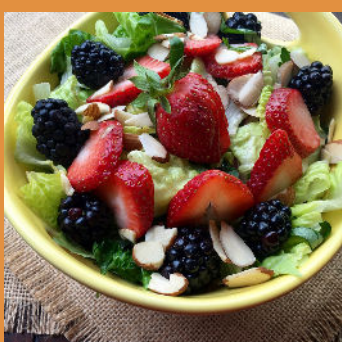
GRILLED POLENTA CROSTINI

These grilled polenta crostini are the perfect snack or light dinner. Made with just a few simple ingredients, they come together quickly and easily. You won't be disappointed. Click here



EGG ROLL BOWLS

Egg roll bowls are the perfect way to get together with friends and family. They're easy to make, and they're a great way to get everyone involved in the kitchen. Plus, they're a lot of fun to eat! Click here



MIXED BERRY SALAD WITH RASPBERRY VINAIGRETTE

Refreshing Mixed Berry Salad with Raspberry Vinaigrette is a healthy and delicious salad that is perfect for a picnic or potluck. The salad includes a mix of fresh berries, cucumber, and red onion, tossed with a simple raspberry vinaigrette. Click here