

# Zucchini Rollatini

## Ingredients:

2-3 zucchini  
Salt & pepper  
Olive oil

## Filling:

1 c ricotta  
1 egg  
1 tsp lemon zest  
1/2 tsp salt  
1/2 tsp garlic powder  
1 tsp parsley  
1 Tbsp fresh basil  
1-1/4 cup mozzarella & parmesan cheese



## Instructions:

Preheat oven to 350°F.

Cut the ends off of both sides of the zucchini. Either on a box grater or a mandolin slice thin strips of zucchini (if you can do it with a knife without losing a finger, I'm impressed!). Season both sides of your zucchini slices with salt and pepper. Coat a frying pan with some olive oil over medium-high heat. Cook the zucchini for about two minutes on each side, until golden brown-or just long enough so that the zucchini is pliable.

For the filling, start by adding the ricotta to a small-medium size bowl. Add the egg, basil, parsley, salt, garlic powder and lemon zest. Mix all of the ingredients together. Add the shredded mozzarella and parmesan (you can use half parm, half mozzarella-sometimes if I'm in a hurry I grab and Italian blend from the store).

Add enough marinara to the bottom of the baking dish to completely coat it. Take about a tablespoon of the mixture, spread evenly on zucchini, and roll! Place the rollatini's in your baking dish, sprinkle a little (or a lot) of extra cheese on top and bake until bubbly (about 20 minutes).

Serve hot & enjoy!

servings: 4  
calories. 229  
carbs. 5.5g  
protein. 16g  
fat. 16gxt