

Zucchini Lasagna Roll-Ups



INGREDIENTS

RECIPE YIELDS 8 SERVINGS

- 3 large zucchini, ends trimmed and sliced into 1/8-inch thick long strips
- 1 cup marinara sauce
- 1 Tbsp olive oil
- 2 garlic cloves, minced
- 1 small onion, chopped fine
- 3/4 lb ground turkey
- 1/8 tsp crushed red pepper flakes
- 1/8 tsp salt
- Black pepper to taste
- 3/4 cup part-skim mozzarella cheese
- 1/2 cup part-skim ricotta cheese
- 2 Tbsp grated Parmesan cheese
- 1 egg
- 1 tsp dried oregano
- 1 Tbsp chopped fresh basil
- Chopped fresh parsley for garnish

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DIRECTIONS

1. On a baking sheet lined with paper towels, arrange the zucchini strips. Sprinkle salt on the zucchini slices and let sit for 15 to 20 minutes. Dab the strips with a paper towel to and roll up. Refrigerate the zucchini roll-ups overnight. Drain the liquid.
2. Preheat the oven to 350°. In an 9- x 9-inch glass baking dish, pour 1/2 cup of the marinara sauce. Set aside.
3. In a skillet, heat the oil over medium-high heat. Add the garlic and onion, and cook until the garlic is fragrant, about 1 minute. Add the ground turkey and cook until no longer pink, about 3 to 4 minutes. Add the crushed red pepper, salt and black pepper to taste, and stir to combine. Remove from the heat.
4. In a medium bowl, combine 1/2 cup mozzarella, ricotta, Parmesan cheese, egg, oregano, and basil. Add the cooked ground turkey mixture and stir.
5. On a baking sheet, arrange the unrolled zucchini strips in a single layer. Line each zucchini strip with 1 1/2 tablespoons of the turkey mixture. Roll up the zucchini strips. Arrange the rolls, standing upright, in the prepared baking dish.
6. Pour the remaining 1/2 cup marinara sauce over the roll-ups and top with the remaining 1/4 cup mozzarella. Bake for 25 to 30 minutes, or until cheese is melted. Garnish with parsley, if desired. Serve immediately.

Nutrition facts-Serving Size: 3 roll-ups Per serving: Calories:177, Total Fat:10g, Sat Fat:3g, Cholesterol:67mg, Sodium:327mg, Total Carb:15g, Fibers:1g, Sugars:1g, Proteins:15g