



Zucchini Rollups

 Makes six servings. Makes 6 (2 rollup) servings. Each serving has 110 calories, 3.5 g fat, 8 g protein, 10 g carbohydrate, 1 g fiber and 280 mg sodium.

 Bake Time: 15 to 20 minutes

DIRECTIONS:

INGREDIENTS:

- 48 zucchini strips (about 2 zucchinis)
- 2 teaspoons olive oil
- 1 tablespoon garlic, minced
- 2 cups spinach, chopped
- 1 cup ricotta cheese
- 2 tablespoons basil, finely chopped
- Salt and Pepper to taste
- 1 cup spaghetti sauce
- ½ cup mozzarella cheese



Peel zucchini into wide strips.



Saute olive oil and garlic until fragrant. Add spinach and cook until wilted.



In a large bowl, combine spinach mixture, ricotta and basil. Season with salt and pepper.



In a baking dish, pour spaghetti sauce evenly.



Place ricotta mixture in the center of four zucchini strips.



Fold zucchini strips to enclose mixture. Add to dish. Sprinkle cheese on top. Bake at 425 F for 15 to 20 minutes.