

Healthy Harvest® Pasta Sauce Zucchini Roll Ups

Preparation Time: 20 minutes

Cooking time: 35 minutes

Servings: 6



Impress friends and family with these pretty spirals that are surprisingly easy to make, and low carb to boot! Pair with a green salad for a meatless meal or serve alongside roast chicken or sausages.

Ingredients

1 jar (570 mL)	Healthy Harvest® Pasta Sauce, Vegetable Medley
5	large zucchini (approx.)
2 tbsp (30 mL)	olive oil
1/2 tsp (2 mL)	each salt and pepper
1 1/2 cups (375 mL)	whole or part skim ricotta cheese
1/2 cup (125 mL)	shredded Parmesan cheese
1	clove garlic, grated
1/2 tsp (2 mL)	ground nutmeg
1 cup (250 mL)	shredded mozzarella cheese

Instructions

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1. Preheat oven to 400°F (200°C). Trim ends of zucchini; slice into 18 (1/4-inch/5 mm) strips (set outer edges aside for another use). Lay out on a parchment lined baking sheet. Brush with oil and season with salt and pepper. Roast for 15 minutes or until pliable. Cool to room temperature.
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2. Spread pasta sauce in a 9 x 12-inch (2.5 L) dish. Stir ricotta with Parmesan, garlic and nutmeg. Spread a generous tablespoon of filling thinly over each zucchini strip. Roll up into a pinwheel and set on sauce, spiral-side-up.
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3. Bake, covered, for 10 minutes. Uncover and sprinkle with mozzarella. Bake, uncovered, for 10 minutes or until melted and bubbly.

Tips:

- Assemble zucchini in the baking dish up to 2 days ahead. Place the dish in a cold oven and add start timer once the oven reaches 400°F (200°C).
- Chop the leftover zucchini trimmings in your food processor to sneak hidden veggies into your next sloppy Joe filling, chili or meat sauce.

Nutritional Information per serving (1/6th recipe or 3 spirals):

330 calories, 22 g fat, 10 g saturated fat, 780 mg sodium, 16 g carbohydrates, 3 g fibre, 10 g sugars, 17 g protein.

Excellent source calcium. Good source vitamin A, vitamin C, folate and vitamin B12.



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