

Easy Zucchini & Spinach 'Lasagna' Rolls

Prep Time: 15 minutes

Cook Time: 30 minutes

Total Time: 45 minutes

Servings: 4

Serving Size: ¼ of recipe

Ingredients:

3 medium zucchinis, sliced in half lengthwise

Cooking spray

Salt & Pepper

½ yellow onion, diced

½ red bell pepper, diced

2 cloves garlic, minced

5 ounces baby spinach

1 cup ricotta

2 cups jarred, organic marinara sauce

Directions:

1. Preheat oven to 350 degrees F.
2. Carefully use a mandolin or chef's knife to slice zucchini halves lengthwise into ½-inch thick strips.
3. Coat a nonstick baking sheet or baking sheet lined with parchment with cooking spray. Lay the zucchini slices on sheet in a single layer, sprinkle with salt and pepper and bake for 10-15 minutes, until soft and pliable but not soggy. Keep checking to ensure not they are not getting too soggy.
4. While the zucchini cooks, spray the bottom of a medium saucepan with cooking spray and place it over medium heat. Then add the garlic, onion, and bell pepper and sauté until onions are translucent, about 4 minutes.
5. Pour the marinara sauce into the saucepan and mix well to combine. Let simmer over medium-low heat until zucchini comes out of the oven.
6. Spread ¼ cup of marinara over the bottom of a 9 x 13 casserole dish.
7. Smear a scant tablespoon of ricotta on one end of each zucchini roll slice, drop a small handful of spinach leaves on top of the ricotta and then roll up, starting with the ricotta side first.
8. Place rolls seam side down in the casserole dish. Smother with remaining marinara sauce and bake for 15-20 minutes.
9. Serve hot and enjoy!

Tips and Tricks:

Nutritional Information Per Serving:

Calories: 257.1

Fat: 13.3 g

Cholesterol: 31.4 mg

Sodium: 501 mg

Total Carbohydrate: 26.6 g

Dietary Fiber: 5.5 g

Sugars: 15.2 g

Protein: 11.6 g