

Zucchini Rollatini



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Recipe by: Laura Vitale

Serves 4 to 6

Prep Time: 20 minutes

Cook Time: 30 minutes

Ingredients

For the filling:

- 1 Tbsp of Olive Oil
- 1 lb of Ground Turkey
- 2 Cloves of Garlic
- 16 oz of Part Skim Ricotta
- 1 Egg
- 1/2 cup of Grated Mozzarella
- 1/4 cup of Grated Parm
- 1 Tbsp of Italian Seasoning
- 3 Tbsp of Chopped Basil
- Salt and Pepper, to taste
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Additional Ingredients:

- 1-1/2 cups of Marinara Sauce
- About 1/2 cup of Shredded Mozzarella
- Freshly Grated Parm
- 4 Zucchini, trimmed and sliced thinly on a mandolin or with a sharp knife
- Olive Oil
- Salt

1) Preheat your oven to 400 degrees, lay the zucchini slices in a single layer on an oiled baking sheet (you might need a couple baking sheets for this) drizzle lightly with olive oil on top and some salt, bake for about 10 minutes or until pliable.

2) In a small skillet, brown the ground turkey in the olive oil, season with salt and pepper, then add the minced garlic at the last minute, allow to cool slightly.

3) In a large bowl, stir together the ricotta, parm, mozzarella, egg, cooked turkey, basil, Italian seasoning, and a touch of salt and pepper, set aside.

4) Smear one cup of marinara sauce in the bottom of a 9x13 inch baking dish and set aside.

5) Pat the zucchini with a paper towel to absorb any excess moisture, then start filling and rolling, (watch video to see how I do this) place them in the prepared baking dish, add just a small spoonful of sauce on top of each one, followed by a little sprinkle of mozz and parm, bake for about 20 minutes or until bubbly and top is melted and cheesy.

