

## Zucchini Roll Ups

Recipe By HALEY HAYNES

SERVES: 6



### INGREDIENTS:

- |  |   |
|--|---|
| <input type="checkbox"/> 3 zucchini                            | <input type="checkbox"/> fresh parsley, <i>chopped</i>    |
| <input type="checkbox"/> 1 15 oz. container ricotta cheese     | <input type="checkbox"/> ½ tsp. Italian seasoning         |
| <input type="checkbox"/> 2 cups mozzarella, <i>shredded</i>    | <input type="checkbox"/> 2 tbsp. olive oil                |
| <input type="checkbox"/> 1½ cup parmesan cheese, <i>grated</i> | <input type="checkbox"/> ½ tsp. garlic powder             |
| <input type="checkbox"/> Laura Lynn pasta sauce                | <input type="checkbox"/> salt and pepper, <i>to taste</i> |
| <input type="checkbox"/> fresh basil, <i>chopped</i>           |   |

### DIRECTIONS:

- ☐ 1. Preheat the oven to 425°F.
- ☐ 2. Slice zucchini lengthwise into long thin strips. Each zucchini should make 5-6 slices (depending on size)
- ☐ 3. Place each slice onto a parchment-lined baking sheet. Drizzle with olive oil and salt, and bake for 15 minutes.
- ☐ 4. While the zucchini is baking, prepare a 9x13 baking dish by adding a thin layer of Laura Lynn pasta sauce on the bottom.
- ☐ 5. In a large bowl, combine ricotta, Parmesan, 1 cup mozzarella, basil or parsley, garlic powder, salt and pepper.
- ☐ 6. Remove zucchini from the oven and let it cool completely.
- ☐ 7. Spread some of the cheese mixture over each zucchini slice and slowly roll them up into a pinwheel. Add them to the pan, on their sides, on top of the sauce. Repeat until the pan is full, making sure not to crowd the zucchini too much
- ☐ 8. Add a dollop of sauce onto each zucchini roll up and sprinkle the remaining mozzarella over top of them all.
- ☐ 9. Place fresh basil over the cheese and bake for 25 minutes, or until the cheese starts to turn golden brown.

*If you want to, add your favorite protein (beef, chicken, turkey, plant-based) right before step 8.*

*I love this recipe because it is so simple and is still as filling as any pasta dish.*

*Great as a main course or even an appetizer for a larger dinner.*

**Did you make this recipe?**

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