

Zucchini Roll Ups

Diabetes Friendly

Items Needed: cutting board, knife, mandolin (optional), mixing bowl, 8x8 baking dish.

Serves: 4

Ingredients:

- 1 large zucchini or 2 medium zucchinis
- 1 ¼ cup part skim ricotta cheese
- 1 cup part skim shredded mozzarella cheese
- ¼ cup shredded parmesan cheese (optional)
- 1 can of cannellini beans, rinsed and drained: other protein options include crumbled tofu, shredded chicken, ground turkey or even a plant based meat crumble.
- 1 ½ cup marinara sauce
- ¼ large white onion
- 2 cloves of garlic
- 1 tsp dried Italian herbs or 2 tbsp of chopped fresh herbs such as: chives, parsley, oregano, basil.

Directions:

1. Assemble ingredients and preheat your oven to 400 degrees.
2. Rinse and drain your cannellini beans and add to your mixing bowl. If using a different protein source, cook appropriately if needed or if with tofu, just crumble into bowl.
3. Mince your garlic, herbs and white onion. (Mince is a very fine chop, so cut into small pieces and keep mincing until very small pieces.) Add these to the bowl with your beans and add ricotta cheese. Season with a little salt and pepper, taste for seasoning and adjust as needed. Place filling mixture in fridge while slicing zucchini.
4. Using a mandolin, slice thin pieces of your zucchini lengthwise. Do this with all of your zucchini and set aside.
5. Grab baking dish and place ½ cup of marinara sauce in the bottom of the dish.
6. Lay out two pieces of zucchini one overlapping the other about half. Place a little of the filling over ¾ of the zucchini leaving the ends free of the filling mixture.



7. Roll one end of the zucchini tucking the overlapping pieces in as our roll lengthwise. Once fully rolled into a pinwheel shape, place in baking dish. Complete steps 6 and 7 until all zucchini is used.
8. Top rolls with remaining cup of marinara sauce and your shredded mozzarella cheese.
9. Place in preheated oven and bake for 35-40 minutes or until cheese is golden and the sauce is bubbling throughout.

Nutrition Information (per 1/4 recipe):

Calories: 378 Fat: 17 g Carbs: 28.6 g Protein: 28 g Fiber: 7.5 g Sodium: 600 mg

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