Vegetarian zucchini roll-ups

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These just picked summer garden zucchini roll-ups are first baked and then filled with a ricotta filling. Then topped with marinara sauce and more cheese before being baked again to a healthy, light deliciousness.

Zucchini makes an easy alternative to transform any dish into a heathier option and the perfect replacement for pasta. A good choice when your craving Italian and want healthy too.

Tips for perfect zucchini roll-ups

Slice the zucchini as thin as possible. You can do this by hand or use a mandoline slicer. In the video below you can see how I cut the zucchini using a knife.

Zucchini contains a lot of water. Baking the zucchini before filling draws much of the moisture out. This step also helps soften it.

And lastly, I used zucchini from my garden in this recipe. If you don’t have access to your own garden store-bought is fine. It’s the time of year when fresh zucchini is readily available and affordable.

Ingredients

- 3 zucchini
- 3 cups my easy marinara sauce
- 3 cups ricotta cheese
- 1 cup grated parmesan
- 1 cup shredded mozzarella

- 1 cups finely chopped spinach
- 1/2 cup breadcrumbs
- 1 egg
- salt and pepper to taste

Instructions

1. Start by slicing the zucchini length wise as thin as possible using a knife. Drizzle with extra virgin olive oil salt and pepper to taste. roast the zucchini in a preheated 375-degree oven for 10 minutes.
2. Mean while make the filling by mixing the rest of the ingredients except for the marinara sauce. Line an oven proof casserole dish with half of the marinara sauce. Put one Tbsp. of the cheese filling in the center of each of the zucchini slices. roll jelly roll style.
3. Place the zucchini rolls on top of the marinara sauce top with the remaining marinara, Top with additional parmesan cheese and the shredded mozzarella
4. Bake in a preheated 375-degree oven for 45 minutes. ENJOY!!!!