Zucchini Rollups

INGREDIENTS:
- 24 zucchini strips (about 2 zucchinis)
- Olive oil, to taste
- 2 tsp. minced garlic
- 2 c. fresh chopped spinach
- 1 c. ricotta cheese
- 2 Tbsp. fresh basil, finely sliced
- Pepper to taste
- 1 c. marinara sauce
- ½ c. shredded mozzarella cheese

DIRECTIONS:

Using a vegetable peeler, peel each zucchini into wide strips. Layer two strips vertically and two strips horizontally to make a cross. Repeat with remaining strips. Over medium heat, sauté garlic and olive oil. Add spinach and sauté until wilted. Remove from heat and allow to cool. In a large bowl, combine the spinach, garlic, ricotta, basil and pepper. Using a spoon, scoop 1 tablespoon of the mixture and place in the middle of each zucchini strip cross. Fold each side to seal the ricotta mixture, then flip over the zucchini so the seam side is on the bottom. In a baking dish, pour in the marinara sauce, then smooth with a spatula. Evenly place the zucchini rollups on the sauce, then top with mozzarella cheese. Bake for 15 to 20 minutes at 425 F.

NUTRITION:

Makes four servings. Each serving has 160 calories, 6 g fat, 14 g protein, 11 g carbohydrate, 1 g fiber and 240 mg sodium.