



Zucchini Caprese Rolls



Nutrition facts per serving



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| 302 calories | 10.5g carb | 19.3g total fat | 20.7g protein | 379mg sodium | 0.6gm Fiber |
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Ingredients:

1 **zucchini** (large, ends trimmed, cut into 4-inch sections)

1 tsp. **olive oil**

8 **fresh mozzarella balls** (small, cut into thirds)

16 **basil leaves**

8 **cherry tomatoes** (cut into thirds)

2 tsp. **balsamic glaze**

1/2 tsp. **sea salt**

1/2 tsp. **black pepper** (freshly ground)

Servings Made: 4

Serving Size: 1

Instructions:

Use a vegetable peeler or mandalin to cut zucchini into thin ribbons or strips.

Cut zucchini sheets into 4-inch pieces. Heat grill pan (or gas grill) over medium heat. Working in batches, brush one side of zucchini lightly with olive oil and grill 1 minute. Transfer grilled zucchini sheets to cutting board, grilled side down, and let cool slightly. Place two basil leaves on one end of each zucchini sheet section. Top with one cherry tomato and three fresh mozzarella pieces. Drizzle entire sheet with balsamic glaze and sprinkle lightly with salt and pepper. Starting with the filled end, roll tightly, securing with a pick. Cut each roll into three sections. Serve immediately.