



## Zucchini Rollups

A really tasty appetizer, made with a creamy goat cheese filling.

### U.S.

2 each	Zucchini
1 each	Lemon
5 oz	Goat Cheese
1 Tbsp (about 6 leaves)	Mint, fresh
1 tsp	Paprika
1 tsp	Sugar, granulated
1/4 tsp	Salt
To taste	Black Pepper, ground

### Metric

2 each
1 each
140g
3g (about 6 leaves)
4g
4g
1.5 g
To taste

### **Preparation:**

1. Gather all ingredients and equipment.
2. Using a mandolin, carefully slice the zucchini lengthwise into long thin strips, 1/8 inch thick, then set strips aside.
3. Zest the lemon and set the zest aside, then juice the lemon and discard any seeds.
4. Chiffonade the mint. You can do this by stacking the mint leaves on top of each other, then rolling them into a cigar shape, and then slicing that into thin ribbons.
4. In a medium sized mixing bowl, combine lemon zest and 2 teaspoons of juice, goat cheese, mint, paprika, and sugar, salt, and pepper. Use a fork to whisk everything together. Add more lemon if desired.
5. Lay out the slices of zucchini and add about 1 Tablespoon of the goat cheese mixture onto one end of each slice and carefully roll each slice of zucchini from one end to another. Once rolled place a toothpick through the middle to hold it in place.

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## Nutrition Facts

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5 Servings

**Serving size**                      **3 roll-ups**

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**Amount per serving**

**Calories**                              **90**

**Total Fat**                              5 g

    Saturated Fat                      4 g

    Trans Fat                            0 g

    Monounsaturated Fat            0 g

**Cholesterol**                          20 mg

**Sodium**                                220 mg

**Total Carbohydrate**              7 g

    Dietary Fiber                      2 g

    Total Sugars                        4 g

        Includes 0 g Added Sugars

**Protein**                                6 g

Vitamin D                              0 %

Calcium                                 2 %

Iron                                        2 %

Potassium                              238 mg

Phosphorus                            30 mg

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