



Zucchini Rollups

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

| <u>U.S.</u> | | <u>Metric</u> |
|-------------|--|---------------|
| 2 each | Zucchini | 2 each |
| 1 each | Lemon | 1 each |
| 5 oz | Goat Cheese | 141.7 g |
| 1 Tbsp | Mint, fresh, chiffonade (thin ribbons) | 2.7 g |
| 1 tsp | Harissa | 4.7 g |
| 1 tsp | Sugar, granulated | 4.1 g |
| 1/4 tsp | Salt | 1.5 g |
| to taste | Black Pepper, ground | to taste |

Preparation:

1. Gather all ingredients and equipment.
2. Using a mandolin, carefully slice the zucchini lengthwise into 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. In a medium sized mixing bowl, combine lemon juice and zest, goat cheese, mint, harissa, and sugar; whisk thoroughly and season to taste.
5. Lay out the slices of zucchini and add 1/3 of the goat cheese mixture onto 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.

Nutrition Facts

5 Servings

Serving size **3 roll- ups**

Amount per serving

Calories **90**

Calories from Fat 50

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