



zucchini Rollatini (OP W)

Serving: 1

Non Veg

Ingredients

- -1 large zucchini, sliced lengthwise
- - salt to test
- - $\frac{1}{2}$ teaspoon black pepper
- - $\frac{1}{2}$ cup marinara sauce OR Pizza sauce
- -1 egg or 50 grams paneer
- -1 cups spinach
- - 1 tbsp cheese.
- -1 teaspoon dried oregano
- -1 teaspoon parsley
- -1 teaspoon dried basil

Preparation Method

- -Preheat oven to 450 F.
- -While your oven is heating up, cut the ends off of the two eggplants and then slice lengthwise.
- -Place the eggplant slices on a baking sheet lined with parchment paper and sprinkle with salt and pepper.
- -Bake for 12–15 minutes, remove and allow to cool.
- -Reduce heat to 400 F.
- -In a medium bowl, mix the eggs, cheese, spinach, oregano, parsley, basil, salt and pepper, mixing until well -
- combined.
- -In a 9x13 baking dish, add $\frac{1}{2}$ cup marinara.
- -Place cheese mixture on to one end of the sliced zucchini then roll it up and transfer to baking dish, continuing until baking dish is full.
- -Cover with remaining marinara and cheese.
- -Bake for 25 minutes and allow to cool for 10 minutes before serving.