



# Zucchini Lasagna Roll-Up



**Prep Time: 15 minutes    Cook Time: 35 minutes    Serves: 2**

## INGREDIENTS

- 2 medium zucchini
- 3 tablespoons olive oil
- 2 tablespoons oregano
- 2 tablespoons ground pepper
- 1/2 teaspoon salt
- 2 tablespoons flour
- 1/2 cup ricotta
- 1/2 cup freshly grated Parmesan, divided
- 1 large egg
- 1/4 tsp. garlic powder
- 1/2 cup marinara sauce
- 1/2 cup grated mozzarella

## DIRECTIONS

- Preheat oven to 400°.
- Slice zucchini into 1/8" thick slices. Lay zucchini slices on a baking sheet covered with a paper towel to soak up excess moisture.
- With a pastry brush, brush olive oil onto the zucchini slices and sprinkle a pinch of oregano, salt, black pepper and flour on top. Flip over and cover the opposite side with the same ingredients.
- In batches, place 3-4 spiced and floured zucchini slices in the microwave on top of paper towels. Cook for 40 seconds and remove. Continue until all zucchini slices are cooked.
- In a medium bowl, mix the ricotta cheese, parmesan cheese, egg and garlic powder. Stir just until combined.
- Spread a thin layer of marinara onto the bottom of a 8x2" baking dish.
- On each slice of zucchini, spoon a thin layer of sauce, spread ricotta mixture on top. Roll up and place in baking dish, packed together tightly.
- Sprinkle with grated mozzarella. Bake until zucchini is tender and cheese is melty, 20 minutes.