

Zucchini White Bean Roll Ups

5 ingredients · 1 hour · 2 servings



Directions

1. Preheat your oven to 350°F (177°C).
2. Slice the zucchinis in half lengthwise. Using a mandolin, create long, thin slices from the cut-side of each zucchini. If you don't have a mandolin, use a sharp knife to make thin, flexible slices. You should end up with about 12 strips per zucchini.
3. In your food processor or blender, combine the white beans and pesto. Pulse until smooth. Taste and season with sea salt and black pepper as desired.
4. Lay the strips flat on your cutting board and spread each strip with about 1 tbsp of the white bean mixture. Roll them up and place into a casserole dish. When all the zucchini roll-ups are in the dish, cover with the tomato sauce.
5. Bake uncovered for 30 minutes. Remove from the oven, divide between plates and enjoy!

Notes

No White Beans

Use chickpeas instead.

Ingredients

2 Zucchini (medium)

2 cups White Navy Beans (cooked, from the can)

1/4 cup Pesto

Sea Salt & Black Pepper (to taste)

1 cup Tomato Sauce

Nutrition

Amount per serving

Calories	449	Cholesterol	0mg
Fat	14g	Sodium	219mg
Carbs	63g	Vitamin A	1411IU
Fiber	23g	Vitamin C	45mg
Sugar	12g	Calcium	270mg
Protein	22g	Iron	6mg