Zesty Grilled Zucchini Cheese Rolls

Tender zucchini slices stuffed with creamy cheese and smoky grilled veggies, perfect low-carb bites for a healthy lean muscle boost.

Servings: 2 **Time:** 25 minutes

Ingredients

- 2 medium zucchinis
- 4 oz ricotta cheese
- 2 oz shredded mozzarella cheese
- 1 small red bell pepper, sliced
- 1 small yellow squash, sliced
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1 tsp dried Italian herbs
- Salt and black pepper to taste
- Fresh basil leaves (optional)

Instructions

1. Slice zucchinis lengthwise into 1/8-inch thick strips using a mandoline or knife.
2. Brush zucchini slices lightly with olive oil, sprinkle with salt and pepper.
3. Preheat a grill pan on medium-high heat and grill zucchini strips 2 minutes each side until tender with grill marks; set aside.
4. In a bowl, mix ricotta, mozzarella, minced garlic, Italian herbs, salt, and pepper until combined.
5. Lightly grill sliced bell pepper and yellow squash for 3-4 minutes until slightly charred and softened.
6. Lay a grilled zucchini strip flat, spread about 1 tbsp of cheese mixture on it.
7. Top with a few slices of grilled bell pepper and yellow squash, add basil leaves if desired.
8. Roll the zucchini slice tightly to form a small roll-up.
9. Repeat with remaining zucchini strips and filling.
10. Serve immediately or chill for 10 minutes before serving.

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