

YIELDS: 4

Low Carb Zucchini and Ricotta Cannelloni

Zucchini is another one of those vegetables that gained popularity over the last couple of years, particularly with the rise of “zoodles”. And, guess what? I'm here for it! I've loved experimenting with zucchini as a pasta substitute this year, and this low carb zucchini and ricotta casserole is no exception. It's tasty, fresh, and so fun to make that even your kids will want to help! The best part: you and your family can have seconds and not feel guilty!

PREP TIME	TOTAL TIME
20 Minutes	59 Minutes

Ingredients:

- 4 medium zucchini
- non-stick oil spray
- salt and pepper to taste
- 15 oz fat free ricotta cheese
- 1/4 TSP garlic powder
- 1/2 TSP onion powder
- 1/2 TSP dried basil
- 1 egg
- 4 TBSP sharp white cheddar
- 3 small baby bella mushrooms, chopped small
- 1/2 small onion, chopped small
- 1/4 green pepper, chopped small
- [2 cups Mom's Spaghetti Sauce](#)

Instructions:

- Preheat oven broiler on high.
- Slice off ends of each zucchini, then use a vegetable peeler to make thin slices along the length of the zucchini. You should have thin flexible ribbons. Don't worry if some of them tear, you will have plenty to work with.
- After you have made your zucchini ribbons, place them in a single layer on a large sheet pan that has been sprayed with non-stick spray. Spray top of zucchini and season with salt and



pepper. If you do not have a large enough baking sheet to hold all of your zucchini ribbons, work in batches. Place under broiler rack for 4 minutes, until tender and slightly brown. Set aside too cool enough to handle.

- Change oven setting to 350°.

- In a medium bowl, mix together ricotta cheese, garlic and onion powder, basil and egg. Set aside.

- Sauté Mushrooms, onions and green pepper with non-stick olive oil spray and salt and pepper until tender, about 5 minutes. Remove from heat.

- Next, line bottom of a 13" X 9" casserole dish with 2 cups of Mom's Spaghetti Sauce.

- To assemble your zucchini cannelloni, take 4-5 zucchini ribbons and lay them on a work surface overlapping slightly, Place 2 TBSP of you ricotta filling in the center and roll them to form your "pasta." Continue until you have 12 cannelloni. Place each in your casserole dish and leave room so they are not touching. Top with cheddar cheese and sautéed vegetables.

- Cover with aluminum foil and cook in oven for 30 minutes.