

ALI'S KITCHEN

Zucchini Roll-Ups Stuffed with Spinach Potato Filling

Column and photos by Ali Carter, Wisconsin Potato Growers Auxiliary

Happy New Year! With the indulgence of the holidays behind us, and as we settle fully into 2018, we're due for a healthier potato option ... don't ya think?

And healthy does not mean boring!

I'll prove it to you with these zucchini roll-ups, with spinach potato filling, no less. They're filled with creamy seasoned mashed potatoes and good-for-you spinach.

I prefer full-fat cheeses when cooking here at the Carter house, but you could easily swap in low-fat ricotta cheese and mozzarella to create an even healthier version of your own.

This recipe is meatless, and my husband was not exactly thrilled

when he sat down at the dinner table and heard my announcement that we were going to be vegetarians for the evening.

He was very gracious, however, and ate without much grumbling. And, after a couple of bites he complimented the meal despite it consisting primarily of veggies!

If you're planning to serve the spinach-potato-stuffed zucchini roll-ups to someone who thinks that a meal is not a meal without a chunk of protein on their plate, I suggest baking some chicken breasts seasoned with Italian spices to serve alongside the roll-ups.

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Zucchini Roll-Ups Stuffed with Spinach Potato Filling
Healthy, Gluten Free, Vegetarian

- 4 large zucchinis
- 2 cups mashed potatoes (plain)
- 1 cup fresh spinach leaves (chopped finely)
- ¾ cup ricotta cheese
- ¼ cup vegetable stock
- ¼ cup shredded mozzarella cheese (plus an additional 3-4 tbsp. to top the rolls)
- ½ tsp. garlic powder
- ¼ tsp. dried oregano
- ¼ tsp. dried parsley
- ½ tsp. dried basil
- ¼ tsp. ground black pepper
- ½ tsp. salt
- 2 cups marinara sauce

*The number of roll-ups you end up with will depend on the size of your zucchini.



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DIRECTIONS:

1. Preheat oven to 375 degrees.
2. Rinse the zucchini well and pat dry. Thinly slice each zucchini lengthwise, doing your best to keep the slices no more than ¼-inch thick.
3. Lay the slices of zucchini onto paper towel to absorb any moisture and set aside.
4. Spoon the marinara sauce onto the bottom of a baking dish (a 9"x13" pan works well).
5. In a bowl, mix the mashed potatoes, spinach, ricotta cheese, vegetable stock, mozzarella, garlic powder, oregano, parsley, salt and pepper until all the ingredients are well combined.
6. To make the roll-ups, place about 2 tbsps. of the mashed potato mixture onto a slice of zucchini and roll the zucchini around the filling from end to end. Place each completed zucchini roll into the baking dish on top of the marinara sauce as you go. Be sure to lay the end of each zucchini roll toward the pan to keep the slices from coming unrolled while baking.
7. Sprinkle the remaining shredded cheese on top of the zucchini rolls and bake at 375 degrees for 20-25 minutes, or until the zucchini has softened and the cheese is lightly browned and thoroughly melted.

Enjoy! **BCT**

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