Grilled Zucchini Rolls
with Fresh Herbs and Cheese

**Ingredients:**
- 3 zucchini (~1/2 lb. each)
- 1 tbsp. olive oil
- 1/8 tsp. salt
- Freshly ground black pepper
- 1 tbsp. freshly minced parsley
- 1/2 tsp. lemon juice
- 2 cups baby spinach leaves
- 1/3 cup basil leaves

**Directions:**
Slice the zucchini lengthwise into 1/4 inch slices. Discard the outermost slices and brush the rest with oil on both sides. Season with salt and pepper. Place on a preheated grill or grill pan for about 4 minutes on each side, or until tender. In a small bowl, combine the goat cheese, parsley leaves and lemon juice, mashing with a fork. Put 1/2 teaspoon of the cheese mixture about 1/2 inch from the end of the zucchini slice. Top with a few spinach leaves and 1 small, or half of a large basil leaf. Roll up and place seam side down on a platter. Repeat with the rest of the zucchini slices.

Serves 4. Nutrition Facts (per serving): 80 calories, 5 g total fat, 1.5 g saturated fat, 160 mg sodium, 3 g protein, 7.5 g carbohydrates, 2.5 g fiber


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