



Zucchini-Veggie Rolls

Prep: 20 minutes • Serves: 4

- 1 green onion, thinly sliced
- ½ medium red bell pepper, finely chopped
- ½ cup garlic & herbs soft spreadable cheese
- ¼ cup shredded carrots
- 1 medium zucchini, ends trimmed

1. In medium bowl, stir onion, pepper, cheese and carrots. Makes about 1 cup.

2. With vegetable peeler, cut zucchini lengthwise into 16 thin ribbons. Place 1 tablespoon cheese mixture on 1 end of each zucchini ribbon; roll up. Makes 16 rolls.

*Approximate nutritional values per serving (4 rolls):
93 Calories, 8g Fat (5g Saturated), 25mg Cholesterol,
132mg Sodium, 5g Carbohydrates, 1g Fiber, 2g Sugars, 2g Protein*