

Appetizers, Grilled

Grilled Zucchini Roll-Ups

Integrated Marketing Services - Apopka, FL

Preparation Time: 10 minutes

Grill Time: 10 minutes

2 large zucchini, cut lengthwise into strips 1/4-inch thick

1 red bell pepper, seeded and cut into quarters

2 tablespoons extra-virgin olive oil, divided

1 package (4 oz) herbed goat cheese

1 tablespoon fresh basil, finely chopped

2 teaspoons balsamic vinegar

Coat the grill rack with nonstick cooking spray.

Preheat the grill to MEDIUM-HIGH (350 to 400 degrees).

Brush both sides of the zucchini strips and bell pepper quarters with one tablespoon of the oil. Season with salt and pepper to taste.

Place the zucchini and bell pepper on the grill. Grill for 3 to 5 minutes per side or until soft. Remove from the grill. Slice the bell pepper into 1/4-inch strips.

Place one teaspoon of the goat cheese about 1/2-inch from one end of each zucchini strip. Top each with one bell pepper slice. Gently roll up the strip and place seam side down on a serving platter. Repeat with the remaining ingredients.

Sprinkle the roll-ups with basil. Drizzle with vinegar and the remaining one tablespoon of oil. Serve.

Yield: 12 to 16 roll-ups

Per Serving (excluding unknown items): 328 Calories; 28g Fat (71.1% calories from fat); 6g Protein; 20g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 14mg Sodium. Exchanges: 3 Vegetable; 0 Fruit; 5 1/2 Fat.