

# Your Good Veggie Recipe!

## ***Grilled Zucchini Roll-Ups with Herbs and Cheese***



### **Ingredients**

- 3 small zucchini (abt ½ lb each, cut lengthwise into ¼"-thick slices)
- 1 tablespoon olive oil
- 1/8 teaspoon salt
- 1/16 teaspoon of freshly ground black pepper
- 1 ½ oz fresh goat cheese
- 1 tablespoon chopped fresh parsley
- ½ teaspoon fresh lemon juice
- 2 oz bagged baby spinach (2 cups lightly packed)
- 1/3 cup basil leaves

### **Directions**

- Preheat grill or grill pan to medium.
- Discard the outermost slices of zucchini; brush the rest with oil on both sides. Sprinkle the zucchini slices with salt and pepper. Grill until tender, about 4 minutes per side. You can prepare the zucchini a day ahead and store it in an airtight container in the refrigerator.
- In a small bowl, combine the goat cheese, parsley, and lemon juice, mashing together with a fork.
- Put 1/2 teaspoon of the cheese mixture about 1/2 inch from the end of a zucchini slice. Top with a few spinach leaves and a small (or half of a large) basil leaf. Roll up and place seam side down on a platter. Repeat with remaining zucchini slices. You can make these up to a day in advance; store in an airtight container in the refrigerator.

### **Zucchini Quick Facts:**

- Low in calories & have large amounts of folate, potassium, manganese and vitamin A.
- Zucchini help protect against colon cancer & heart disease!
- The rind is rich in the nutrient beta-carotene, which acts as an antioxidant in protecting your cells against oxidation damage.
- Help with conditions like asthma, osteoarthritis and rheumatoid arthritis.
- Studies have found that extracts from zucchini (& the squash family as a whole) help reduce negative symptoms of BPH, a male health issue resulting in an enlarged prostate.
- Available year-round! Pick heavier ones with shiny skin; avoid broken & blemished skin.
- Store unwashed in a plastic bag in the fridge; will keep about seven days. To freeze: slice & blanch for two minutes prior to freezing. Note: freezing does makes the flesh softer.

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