

Zucchini Lasagna Rolls with Smoked Mozzarella

This healthy riff on lasagna rolls uses strips of zucchini instead of lasagna noodles for a vegetable-packed dinner that's fun for the whole family. This is a great recipe for kids to help make!

By **Joy Howard** | Updated on May 15, 2025

✓ Reviewed by Dietitian **Sarah Pflugrad, Ph.D., RDN, CSCS**

Prep Time: 30 mins

Additional Time: 30 mins

Total Time: 1 hr

Servings: 4

Yield: 24 rolls

Nutrition Profile:

Nut-Free Low-Sodium Soy-Free High-Protein Gluten-Free Low-Calorie

Ingredients

- 2 large zucchini, trimmed
- 2 teaspoons extra-virgin olive oil
- ½ teaspoon ground pepper, divided
- ¼ teaspoon salt, divided
- 8 tablespoons shredded smoked mozzarella cheese, divided
- 3 tablespoons grated Parmesan cheese, divided
- 1 large egg, lightly beaten
- 1⅓ cups part-skim ricotta
- 1 (10 ounce) package frozen spinach, thawed and squeezed dry
- 1 clove garlic, minced
- ¾ cup low-sodium marinara sauce, divided
- 2 tablespoons chopped fresh basil

Directions

Step 1

Position racks in the upper and lower thirds of the oven; preheat to 425°F. Coat 2 rimmed baking sheets with cooking spray.

Step 2

Slice 2 zucchini lengthwise to get 24 total strips, each about $\frac{1}{8}$ inch thick.

Step 3

Toss the zucchini, 2 teaspoons oil, $\frac{1}{4}$ teaspoon pepper and $\frac{1}{8}$ teaspoon salt in a large bowl. Arrange the zucchini in single layers on the prepared pans.

Step 4

Bake the zucchini, turning once, until tender, about 10 minutes total.

Step 5

Meanwhile, combine 2 tablespoons mozzarella and 1 tablespoon Parmesan in a small bowl. Set aside. Mix egg, $1\frac{1}{3}$ cups ricotta, 10 ounces spinach, garlic and the remaining 6 tablespoons mozzarella, 2 tablespoons Parmesan, $\frac{1}{4}$ teaspoon pepper and $\frac{1}{8}$ teaspoon salt in a medium bowl.

Step 6

Spread $\frac{1}{4}$ cup marinara in an 8-inch-square baking dish. Place 1 tablespoon of the ricotta mixture near the bottom of a strip of zucchini. Roll it up and place, seam-side down, in the baking dish. Repeat with the remaining zucchini and filling. Top the rolls with the remaining $\frac{1}{2}$ cup marinara sauce and sprinkle with the reserved cheese mixture.

Step 7

Bake the zucchini rolls until bubbly and lightly browned on top, about 20 minutes. Let stand for 5 minutes. Sprinkle with 2 tablespoons basil before serving.

Make it ahead

Prepare the recipe and stop at Step 6. Refrigerate lasagna filling covered in a bowl for up to 1 day until ready to proceed with assembly and cooking.

Frequently Asked Questions

How do I store my zucchini?



Store fresh, unwashed zucchini in an open plastic bag in the crisper drawer of your refrigerator. The goal is to eliminate moisture. Properly stored, it should last for up to a week.

How should I store and reheat leftovers?



Store any leftovers in an airtight container or single-serve containers for a week. When ready to reheat, put the dish (tented in aluminum foil) in a 350°F oven for about 30 minutes or until the sauce is bubbling hot. You can also heat them in a microwave. Give each one a light sprinkle of water, cover with a damp paper towel and gradually heat in 1- to 2-minute increments until heated through.

What should I serve with Zucchini Lasagna Rolls?



This dish is so so much like lasagna with noodles, that we would suggest the same side dishes, which include a leafy green salad and garlic bread or rolls hot from the oven. It would also be good with other vegetable side dishes such as Balsamic Oven-Roasted Carrots, Quick & Easy Green Beans or Broccolini Amandine.

EatingWell Magazine, May 2019

Nutrition Facts

Per serving: **Serving Size 6 rolls** 315 calories; total fat 19g; saturated fat 9g; cholesterol 97mg; sodium 561mg; total carbohydrate 17g; dietary fiber 4g; total sugars 8g; protein 22g; vitamin c 32mg; calcium 507mg; iron 2mg; potassium 844mg

Additional reporting by Carrie Myers, M.S. and Linda Frahm

*Additional reporting by **Carrie Myers, M.S. and Linda Frahm***

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Spinach 8 Layer Salad

Salad Ingredients

- 2 bunches spinach
 - 1 large red onion
 - 1½ cups cubed Swiss cheese (Gruyère)
 - 6 slices bacon, cooked and crumbled
 - 1 can garbanzo beans, drained and rinsed
 - ¼ cup chopped pimento
 - 1 large zucchini, shredded
 - 1 large carrot, shredded
-

Dressing

- ¾ cup mayonnaise
 - ¼ cup sour cream
 - 2 cloves garlic, minced
 - ¼ cup minced parsley
-

Instructions

Prepare ingredients: Cook and crumble bacon. Mince garlic. Shred zucchini and carrot.

Make dressing: In a small bowl, whisk together mayonnaise, sour cream, garlic, and parsley.

Layer salad in order:

- Spinach
- Onion
- Cheese
- Spinach
- Bacon
- Beans
- Pimento
- Zucchini
- Carrot
- Dressing

Cover and refrigerate until ready to serve.

This Shawarma-Style Chicken Recipe Was Made for the Grill—and Summer

Prep the dish in under 30 minutes.

By **Sarah Martens** | Published on June 29, 2025

Prep Time: 25 mins

Marinate Time: 3 hrs

Grill Time: 25 mins

Stand Time: 10 mins

Total Time: 4 hrs

Servings: 8

Ingredients

- 1 Tbsp. packed brown sugar
- 2 tsp. ground cumin
- 2 tsp. ground coriander
- 2 tsp. smoked paprika
- 1 tsp. garlic powder
- 1 tsp. ground cinnamon
- 2 Tbsp. fresh lemon juice
- 2 lb. skinless, boneless chicken thighs
- 8 pita bread rounds
- 1 lemon, cut into wedges

Directions

Step 1

Make Marinade

For marinade, in a small bowl whisk together brown sugar, cumin, coriander, paprika, garlic powder, cinnamon, lemon juice, and 2 tsp. kosher salt. While whisking, slowly pour in 3 Tbsp. olive oil in a steady stream. Continue whisking until mixture forms a smooth paste.

Step 2

Marinate

Place chicken thighs in a resealable zip-top bag set in a shallow dish. Add marinade. Seal bag; turn to coat chicken. Marinate in the refrigerator at least 3 hours or up to 12 hours.

Step 3

Grill

Prepare grill for indirect heat using a drip pan. Drain chicken; discard marinade. Place chicken on rack over drip pan. Grill, covered, over indirect medium heat, turning once, until done (170°F), about 25 minutes.

Step 4

Let Stand and Assemble

Remove from grill; let chicken stand 10 minutes. Slice chicken across the grain into thin slices. Serve chicken in pita rounds with Tahini Sauce, Cucumber Salad, and lemon wedges. Makes 8 pitas.

TIP

Test Kitchen Tip: Warm pitas on the grill a minute or two before serving.

Nutrition Facts

Per serving: 406 calories; total fat 10g; saturated fat 3g; cholesterol 138mg; sodium 605mg; total carbohydrate 45g; dietary fiber 2g; total sugars 2g; protein 35g; vitamin c 2mg; calcium 91mg; iron 4mg; potassium 435mg

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Viral Cottage Cheese Sweet Potato Ground Beef Bowls

★★★★★
5 from 11 votes

High protein bowls made with lean ground beef with roasted sweet potatoes, cottage cheese, avocado and hot honey.

Prep Time
5 mins

Cook Time
30 mins

Course: dinner, lunch, Main Course Servings: 4 Author: Jamie N, Registered Dietitian

Ingredients

- 2 tbsp olive oil divided
- 2 cups cottage cheese
- 1-2 avocados sliced
- 1 lb lean ground beef or ground chicken/turkey
- 1 packet taco seasoning ~3 tbsp, I prefer Siete
- 2 sweet potatoes peeled and diced
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/2-1 cup cilantro chopped
- hot honey for drizzling
- optional: jalapeños, red pepper flakes, squeeze of lime juice

Instructions

1. Prepare roasted sweet potatoes. You can use the air fryer or oven:
 - Air fryer: Preheat air fryer to 400 degrees. In a medium bowl, toss sweet potatoes in 1 tbsp olive oil, salt, pepper, garlic powder, onion powder and paprika. Add sweet potatoes to the air fryer basket and air fry for about 12-15 minutes until potatoes are easily pierced with a fork.
 - Oven: Preheat oven to 425 degrees. In a medium bowl, toss sweet potatoes in 1 tbsp olive oil, salt, pepper, garlic powder, onion powder and paprika. Add sweet potatoes to a parchment-lined or oiled baking sheet and roast for 25-35 minutes, until potatoes are easily pierced with a fork.
2. While potatoes are cooking, heat 1 tbsp olive oil on medium heat. Add lean ground beef and taco seasoning. Break meat apart as it cooks and continue cooking on medium heat for about 7-10 minutes or completely cooked through (no pink).
3. Assemble bowls: Add 1/4 of the ground beef, 1/4 of sweet potatoes, 1/2 cup of cottage cheese, 1/4 - 1/2 avocado slices, and cilantro. Drizzle with hot honey and red pepper flakes to taste. Add a squeeze of fresh lime juice and jalapeño slices (fresh or pickled) if desired.

Nutrition

Serving: 1 bowl | Calories: 500kcal | Carbohydrates: 32g | Protein: 38g | Fat: 25g | Saturated Fat: 6g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 13g | Trans Fat: 0.4g | Cholesterol: 88mg | Sodium: 1470mg | Potassium: 1149mg | Fiber: 7g | Sugar: 8g | Vitamin A: 17331IU | Vitamin C: 12mg | Calcium: 141mg | Iron: 4mg



Asian Turkey Lettuce Wraps

April 6, 2008

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Recipe information

YIELD 4 Servings

Ingredients

- 1 tablespoon peanut oil
- 1 large onion, chopped
- 1 1/4 pounds lean ground turkey

- 1 1/2 cup purchased Asian peanut sauce
 - 1 tablespoon hoisin sauce
 - 1 tablespoon soy sauce, plus additional soy sauce for dipping
 - 1 cucumber, peeled, seeded, chopped (about 1 1/4 cups)
 - 1 1/3 cup coarsely chopped fresh mint plus 1/3 cup small mint sprigs
- 12 large butter lettuce leaves

Preparation

Step 1

Heat peanut oil in heavy large skillet over medium-high heat. Add onion and sauté until beginning to brown, about 3 minutes. Add turkey and sauté until brown and cooked through, breaking up with back of spoon, about 7 minutes. Add peanut sauce, hoisin sauce, and 1 tablespoon soy sauce; heat through. **DO AHEAD** Can be made 8 hours ahead. Cover and refrigerate. Reheat in microwave or skillet, adding water by tablespoonfuls to moisten if necessary, before continuing. Stir in cucumber and chopped mint. Season with salt and pepper.

Step 2

Transfer turkey mixture to medium bowl. Place mint sprigs and lettuce leaves on platter. To make wraps, spoon turkey mixture onto lettuce leaf, add a few mint sprigs, fold in sides over filling, and roll up. Pass additional soy sauce alongside wraps for dipping.

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