

Zucchini Rollatini



Paper thin zucchini slices are rolled up with a creamy ricotta and spinach mixture, topped with marinara and baked until bubbly perfection.

Course: Main Course

Cuisine: Italian

Prep Time: 20 minutes

Cook Time: 30 minutes

Salting time: 1 hour

Total Time: 1 hour 50 minutes

Servings 4

Calories 423 kcal

Ingredients

- 3-4 medium zucchini sliced 1/16 to 1/8" thick
- 1.5 cups ricotta drained for at least 2 hours
- 1 cup baby spinach steamed, drained, chopped
- 1/2 cup Pecorino Romano cheese grated
- 1 cup mozzarella cheese shredded, divided
- 1/4 cup parsley minced
- 2 large eggs
- 3 cups marinara sauce see notes below
- 2 tablespoons kosher salt divided
- 1/2 teaspoon black pepper

Instructions

1. Slice the zucchini to 1/16"-1/8" thick strips with a wide vegetable peeler or mandoline. Once the seeds are mostly showing, cut strips from the other side. The center 1/2" with mostly seeds should not be used and can be saved for another purpose. Layer the zucchini strips in a colander and sprinkle kosher salt on each layer. Let the zucchini release water for 60-90 minutes.
2. Meanwhile, cook the spinach in the microwave for 60 seconds, then when able to handle, squeeze the spinach in a clean kitchen towel to remove moisture. Give the spinach a chop.
3. Combine the spinach with the ricotta, basil, parsley, 3/4 cups mozzarella, 1/4 cup Pecorino Romano, and a half teaspoon of pepper. Mix well and taste test. Adjust salt levels to desired taste and then add 2 beaten eggs and mix to combine.
4. Rinse the zucchini to remove the excess salt and dry off thoroughly with paper towels.
5. On a large clean surface layer 3-5 pieces of zucchini lengthwise overlapping each other. Place 2-3 tablespoons of the ricotta mixture in the middle of the zucchini layers. Roll up the zucchini rollatini and leave the seam side down. Work in batches until all the zucchini is used up.
6. Layer a half inch of marinara sauce into the bottom of a large baking dish. Place all the zucchini rollatini, seam side down, into the baking dish. Spoon some more of the sauce onto each rollatini and sprinkle with the remaining mozzarella and Pecorino Romano cheese.
7. Bake at 400f for 20-30 minutes or until bubbly and golden on top. Enjoy!

Notes

- Though salting the zucchini really helps draw the water out and is recommended, if short on time, you could forgo the step.
- Draining the ricotta for at least 2 hours, but preferably overnight, is also recommended to remove excess water.
- Slicing the zucchini with a mandoline works great to get even thin slices.
- Leftover zucchini rollatini can be refrigerated for up to 3 days and reheated in the oven at 350f until warm or the microwave for a couple of minutes.
- Freeze for up to 6 months and reheat in the oven at 180 C until hot.