

Zucchini Rolls with U.S. Fresh Mozzarella

This is a great side to serve with chicken or Italian dishes.



INGREDIENTS

(Makes 24 rolls)

Zucchini, at least 20cm long	4
Olive Oil	10ml
Garlic, minced	6g
Salt & Pepper	To taste
Roma Tomatoes, sliced into strips	6
U.S. Fresh Mozzarella Log	1 (480g)
Arugula Leaves	48
Balsamic Vinegar	Drizzle
Olive Oil	Drizzle

NUTRITIONAL CONTENT

U.S. Label

Nutrition Facts

Serving Size (100g)
Servings Per Container

Amount Per Serving

Calories 90 **Calories from Fat 50**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 160mg **7%**

Total Carbohydrate 3g **1%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 5g

Vitamin A 10% • Vitamin C 20%

Calcium 15% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Per 100g

Calories 90kcal

Total Fat 6g

Saturated Fat 3.5g

Trans Fat 0g

Cholesterol 15mg

Total Carbohydrates 3g

Dietary Fiber 1g

Sugars 2g

Protein 5g

Calcium 130mg

Magnesium 14mg

Phosphorus 28mg

Potassium 204mg

Sodium 157mg

Iron 0mg

Vitamin A 578IU

Vitamin C 13mg

PREPARATION

1. **Slice zucchini thin (.5cm) the long way using a mandolin to make 24 strips (reserve outer strips for another use).**
2. **In a small bowl mix together olive oil and garlic.**
3. **Lay flat zucchini strips; brush both sides with olive oil mixture and season with salt & pepper.**
4. **Carefully and quickly grill zucchini strips to get grill marks on them, do not overcook. Lay flat and chill.**
5. **Cut fresh mozzarella log into 24 strips about 1cm wide.**
6. **Divide tomatoes, fresh mozzarella and arugula leaves on each and roll up.**
7. **Arrange on a platter and drizzle with balsamic vinegar and olive oil.**

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.