

Mediterranean Zucchini Roll Ups

A delicious, high-protein, and low-calorie meal perfect for summer hosting. Features zucchini, tofu, and a robust mix of Mediterranean flavors. Can be made ahead and reheats well.

Author Sarah Cobacho (plantbaes.com)



PREP TIME

20 minutes

COOK TIME

25 minutes

TOTAL TIME

45 minutes

Servings 2

Course Main Dish

Cuisine Mediterranean-Inspired

Keyword 10 ingredients or less, almonds, basil, easy-entertaining, garlic, High Protein, lemon, low-calorie, make-ahead, nutritional yeast, tofu, tomato, zucchini

Ingredients

- 24 g fresh basil
- 2 garlic cloves peeled
- 4 sun-dried tomatoes
- 1 lemon lemon zest only
- 15 g nutritional yeast
- 9 olives Kalamata olives pitted
- 300 g extra firm tofu
- 2 zucchini zucchini use outer part, avoid watery core
- 400 g passata or Napoletana pasta sauce
- 10 g chopped almonds

Instructions

1. Preheat the oven to 205 °C.
2. In a food processor, combine basil, garlic, sundried tomatoes, lemon zest and juice, nutritional yeast, and olives. Pulse a few times until the ingredients are coarsely chopped. Add the tofu and process until the mixture is well combined but still retains some texture.
3. Using a vegetable peeler or a mandoline, shave the zucchini into thin, long slices. Make 32 slices.

I prefer using the outer part of the zucchini for this recipe because the core tends to be more watery (when you get to the “seedy part”) and doesn't hold together as well. Save the

remaining zucchini cores for another dish.

4. In an oven-safe skillet or baking dish, spread half of the tomato sauce evenly along the bottom.
5. Take roughly 2 tablespoons of the tofu mixture and firmly press it in your hands to shape it into a small, oblong log.

Layer 2 zucchini slices together. Place the log at one end of the zucchini slices. Gently press to set it in place, then carefully roll the zucchini tightly around the tofu log. Stand the roll upright in the prepared skillet, with the tofu log facing upwards. Ensure it is snug but not crowded. Repeat with the remaining zucchini slices and tofu mixture. I made 16, but it's okay if you make a bit more or less; it will vary slightly depending on the size of your zucchinis.

6. After all the rolls are placed in the skillet, pour the remaining tomato sauce in between the zucchini rolls.
7. Bake in the preheated oven for about 25 minutes or until the tofu tops are slightly golden and the sauce is bubbling.
8. Remove from oven and allow to cool slightly before serving. Top with chopped almonds and enjoy on their own or with a slice of toasted bread.

Nutritional Information - Per Serving

Calories 413kcal | **Carbohydrates** 28g | **Protein** 29g | **Fat** 22g | **Sodium** 717mg | **Fiber** 6g | **Vitamin A** 541IU | **Vitamin C** 29mg | **Calcium** 692mg | **Iron** 7mg