

Keto Zucchini Pesto Roll-Ups

Description

Healthy and delicious, a winner for any party or lunchbox

Prep/total time: Twenty minutes

Servings: 36 roll ups

Ingredients

For Lemon & Artichoke Pesto:

- 1 cup of fresh basil leaves (0.5 oz)
- 1 cup of fresh parsley leaves (0.5 oz)
- 5 cloves of garlic, minced
- Zest from 1 lemon
- 2 tablespoons of lemon juice (60 ml)
- 1/2 cup of pecans
- 1/3 cup of non-diary cheese (1.1 oz)
- 1/2 cup of extra virgin olive oil (60 ml)
- 1 can of artichoke hearts, drained (7.1 oz)
- 1/2 teaspoon of sea salt or pink Himalayan salt Some
freshly ground black pepper, to taste

Roll-ups:

- 1 cup of Lemon & Artichoke Pesto (8.8 oz)
- 2 tablespoon of extra virgin olive oil (30 ml)
- 5 Small zucchinis (14.1 oz)
- If desired: chile flakes and fresh herbs, to taste



Instructions

1. Make the pesto by blending all the pesto ingredients in a blender or food processor until smooth.
2. Next, peel the zucchini into ribbons using a vegetable peeler. Lay out the zucchini strips on a flat surface. Scoop one teaspoon of pesto onto each strip of zucchini. Roll up the zucchini strip gently. Place one end up on a platter and repeat the procedure for the rest of the zucchini strips.
3. You can top with chile flakes and herbs. Serve. It can be stored in the fridge for about two weeks or in the freezer for about six months.