

## **Zucchini Roll-Ups**

### **Ingredients:**

- **2 medium zucchini or other long summer squash**
- **Hummus (homemade or store bought)**
- **Any veggies you'd like to put inside (ex: shredded carrots, bell peppers, red cabbage, avocado, etc)**
- **Fresh herbs (basil, mint, cilantro, etc.), chopped**

### **Directions:**

- Use a vegetable peeler or mandolin to slice zucchini lengthwise into ¼" thick strips
- Spread hummus thinly and evenly on each strip
- Lay the cut vegetables and herbs on top of the hummus
- Roll up zucchini tightly, and secure with a toothpick if needed
- Best enjoyed fresh!

