



Makes 16 roll-ups
Preparation Time: 25 minutes
Cook Time: 35 minutes

INGREDIENTS:

3 large red bell peppers (10 oz. each), halved

2 medium zucchini (10 oz. each), cut lengthwise into sixteen ⅛-inch-thick strips (see tip, recipe intro)

2 cups packed fresh flat-leaf parsley leaves

¼ cup lemon juice

4 cloves garlic, peeled

⅓ cup oil-free hummus, for dipping

Roasted Red Pepper and Zucchini Roll-Ups

Looking for hors d'oeuvres inspo? You can't beat these tapas-style six-ingredient **zucchini** roll-ups, which are filled with sweet, roasted bell peppers and brushed with a zesty parsley, lemon, and garlic sauce. Serve alongside creamy hummus for dipping, for a bright, flavorful **party appetizer** that's as fun to assemble as it is to eat. For the best results, prepare them a day ahead so the flavors have time to meld. Just don't forget the toothpicks—you'll need them to hold everything together!

Tips

Selecting bell peppers: Look for longer bell peppers rather than round, fat ones.

Slicing the zucchini: A mandoline is helpful for cutting even slices from the zucchini. There will be some leftover zucchini pieces; reserve them for another use.

For more inspiration, check out these tasty ideas:

- [Zucchini Rollatini with Quinoa and Chickpeas](#)
- [Greek Stuffed Mini Peppers](#)
- [Smoky Vegan Stuffed Mushrooms](#)
- [Low-Fat Hummus](#)

By Mary Margaret Chappell

- 1 Preheat oven to 425°F. Line a regular baking sheet and an extra-large baking sheet with foil. Arrange pepper halves, cut sides down, on the prepared regular baking sheet. Roast 20 to 25 minutes or until skins begin to blacken and blister. Place peppers in a medium bowl; cover with plastic wrap and let stand 10 to 15 minutes or until cool enough to handle.
- 2 Meanwhile, arrange zucchini slices on the prepared extra-large baking sheet. Roast 10 minutes or until zucchini slices are softened.
- 3 For sauce, in a small food processor combine parsley, lemon juice, garlic, and 2 tablespoons water. Process until smooth.
- 4 When pepper halves are cool enough to handle, gently peel off and discard skin. Cut each half into three long strips. Since only 16 pepper strips are needed, reserve the two shortest strips for another use.
- 5 To assemble roulades, place one strip of zucchini on a clean work surface. Brush lightly with parsley sauce. Top with a pepper strip. Roll up the zucchini and pepper. Secure roulade with a toothpick. Repeat with remaining zucchini slices and pepper strips. Brush roulades with the remaining parsley sauce and serve with hummus.