

# Zucchini Pesto Roll Ups

Yield: 2 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-sausage-lasagna-roll-ups-recipe>

## Ingredients:

- 2 zucchinis ends removed, sliced 1/4 inch thick lengthwise
- 4 Italian sausages I used Boulder Sausage brand
- 1/2 cup walnuts
- 1 cup fresh basil
- 1/3 cup olive oil
- 1 lemon
- 1 garlic clove
- salt
- pepper
- 1 pinch garlic powder
- 3 olive oil extra tablespoons, to cook your zucchini with

## Nutrition:

1. Calories: 1230 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 135 milligrams
4. Fat: 117 grams
5. Fiber: 7 grams
6. Protein: 32 grams
7. SaturatedFat: 28 grams
8. Sodium: 1650 milligrams
9. Sugar: 6 grams

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