 **Zucchini Sushi Rolls**

*Serves 16*

**Ingredients**

1 medium zucchini

16 tbsp hummus or spreadable cheese

Your choice of veggies sliced into matchsticks (carrots, radishes, peppers)

**Directions**

1. Cut ends of zucchini. Use vegetable peeler to cut zucchini into very thin strips.
2. Lay strip down and spread about 1 tbsp hummus or cheese spread on entire length of zucchini.
3. Place veggie sticks on one end of zucchini and roll up.

**Nutrition**

*40 cals, 4g C, 1g P, 2g F (with hummus)*

*35 cals, 2g C, 2g P, 2g F (with goat cheese)*