



SPINACH LASAGNA ROLL-UPS

ingredients:

Vegetable oil cooking spray.
8 lasagna noodles
1 egg
2 10-ounce packages frozen
chopped spinach, thawed
1 cup part-skim ricotta cheese
1/2 cup shredded part-skim
mozzarella

1 medium onion, chopped
2 cloves garlic, minced
1 1/2 teaspoons Italian seasoning,
divided
15-ounce can unsalted tomato sauce
1/4 cup grated Parmesan cheese

directions:

1. Preheat the oven to 350° F. Spray a 9" x 9" baking dish with vegetable oil cooking spray.
2. Cook the lasagna noodles in boiling water according to package directions, omitting the salt. Remove noodles when they are al dente and lay them out on a clean, dry towel to cool.
3. In a small bowl, slightly beat the egg. Thoroughly drain the thawed spinach and press out any excess liquid.
4. Mix the egg, spinach, ricotta, mozzarella, onion, garlic and 1 teaspoon Italian seasoning together in a medium-size bowl.
5. Divide the spinach and cheese mixture evenly between the noodles, spreading the mixture over the entire length of each noodle. Roll up the noodles from the bottom to the top and place in the 9 x 9-inch pan.
6. In a small bowl mix the tomato sauce and 1/2 teaspoon Italian seasoning and then pour over the rolls. Sprinkle the Parmesan cheese on top.
7. Bake for 20 to 25 minutes or until heated through and sauce is bubbling.

Yield: 4 servings (2 rolls
per serving)

Nutrition Information Per Serving:

358 Calories
7.5 grams Fat
3 grams Saturated fat
78 mg Cholesterol
442 mg Sodium
50 grams Carbohydrates
7 grams Fiber
25 grams Protein

Food exchanges:
2 starch, 4 vegetable,
1 1/2 protein



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