

Lasagna Roll-Ups

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 50 minutes

Serves: 5, 2 roll-ups per serving or more if you give the children 1 each

Child Friendly: Let the little ones help with this recipe.

They can stir as you chop and they can help do other things.

Say thank you at the dinner table for their help so he/she gets recognized for their part.

CChints: If you cover a pot of water it will come to a boil quicker. Roll-Ups are a fun and easy way to serve lasagna.



10 whole wheat lasagna noodles

Pot of 6 quarts water and 1 tablespoon salt

4 cups zucchini, shredded, squeezed dry

1 cup diced red bell pepper

1 cup diced yellow onion

1/3 cup basil, chopped, divided 2 tablespoons

3/4 cup sun-dried tomatoes, drained, sliced

4 gloves garlic, fresh or from a jar

15 ounces fat-free ricotta cheese

1/4 cup liquid egg substitute or 1 egg

2 cups part-skim mozzarella cheese, shredded

1/2 cup grated parmesan cheese, divided

26 ounce jar Marinara sauce

Serve with a side salad and Balsamic dressing (see recipe below) or your favorite dressing.

Preheat oven to 350 degree F locate your 9x13 baking pan. Bring a large pot of salted water to a boil. Add noodles a cook according to package directions.

In a large mixing bowl, combine shredded zucchini through egg. Stir 1-1/2 cup mozzarella and 1/4 cup parmesan cheese and blend well. Set aside until the noodles are done. To prepare to assemble the roll-ups, prepare your work surface with a sheet of foil or plastic wrap. Tear a sheet about 20 inches long. Pour 1/3 cup marinara sauce in the bottom of the baking dish and spread it out in the bottom of the pan.

When the noodles are done, drain them well and lay them out on your work surface. Spread about 1/3 cup filling on each noodle stopping about 1 inch on the ends. Drizzle 1 tablespoon marinara sauce over the filling and roll up each noodle. Place seam side down in the prepared baking dish.

Pour remaining sauce over noodles. Cover the pan with foil and bake for 25 minutes. Remove from the oven and sprinkle with remaining 2 tablespoons basil and cheese and bake uncovered for 10 more minutes until the cheese melts.

During the baking time prepare you salad by using a bag of prewashed lettuce, slicing 4 Roma tomatoes, 1/2 cup chopped cucumber and 1/3 cup grated carrots. To make **Balsamic dressing**, stir together 1/4 cup extra-virgin olive oil, 1 tablespoon balsamic vinegar, 1/2 teaspoon Dijon or Dijonnaise, 1/4 teaspoon chopped garlic and a pinch of sugar.

Set the table and start cleaning the kitchen. After baking time, remove from the oven and let sit for 3 minutes. Serve 1 to 2 roll-ups per plate along with your salad.