



Microwaved Lasagna Rolls

Makes 6 servings

Ingredients

1 cup fat free ricotta cheese

1 cup shredded part-skim mozzarella cheese

¼ cup grated Parmesan cheese

½ teaspoon Italian seasoning

6 Lasagna noodles, cooked, drained (use whole wheat noodles for extra fiber!)

1 cup vegetables (fresh or frozen spinach, shredded carrots, chopped onion, garlic, whatever you have or your family likes)

1 can (15 ounce) Italian-style tomato sauce, unsalted

Instructions

Mix ricotta cheese, mozzarella cheese, Italian seasoning and Parmesan cheese together.

Grate carrots and add other vegetables to the mixture. Spread each cooked lasagna noodle with the mixture and roll up tightly.

Place, seam side down in a microwavable baking dish. Top with tomato sauce. Cover.

Microwave on high 12 minutes or until heated through, rotating dish after 6 minutes.

You may also bake lasagna rolls in a lightly greased casserole dish at 350° until they reach an internal temperature of 165°.

Tip: Make-ahead
Assemble lasagna rolls as directed. Wrap tightly; freeze. When ready to serve, place in refrigerator to thaw. Place in a microwave dish; top with tomato sauce. Microwave as directed.

Nutrition Facts

Serving Size (190g)

Servings Per Container

Amount Per Serving

Calories 230 Calories from Fat 50

% Daily Value *

Total Fat 6g 9%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 180mg 8%

Total Carbohydrate 28g 9%

Dietary Fiber 5g 20%

Sugars 6g

Protein 17g

Vitamin A 45% Vitamin C 20%

Calcium 35% Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

| | Calories: | 2000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

Source:



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