

# SPINACH LASAGNA ROLLS

Prep Time: 20 minutes  
Cooking Time: 40 minutes  
Makes: 10 rolls

## Ingredients

10 lasagna noodles  
200 g (7 oz) bag spinach leaves, rinsed and drained  
454 g (16 oz) ricotta cheese  
60 mL (¼ cup) grated Parmesan cheese  
2 eggs  
5 mL (1 tsp.) basil, dried OR 15 mL (1 T.) fresh basil, chopped  
½ mL (1/8 tsp.) black pepper  
1 (400 mL) jar tomato-based pasta sauce  
125 mL (1/2 cup) mozzarella cheese, shredded

Nutrition information for 1 roll:  
256 calories: 27 g carbohydrate, 15 g protein, 9 g fat

## Directions

Cook noodles according to package direction. Drain and lay flat (on a clean dish towel or cooling rack) to dry and cool.

Preheat oven to 180°C/ 350°F.

Combine spinach leaves, ricotta, Parmesan, eggs, basil and black pepper in a large bowl.

Ladle about 250 mL /1 cup of pasta sauce into a large (9"x12") baking dish.

Then place a piece of wax paper (or a clean cutting board) on the counter and lay out lasagna noodles; pat dry with a paper towel. Take about 60mL/¼ cup of the spinach-ricotta mixture and place on the lasagna noodle (close to the top); roll carefully and place seam-side down onto the baking dish. Repeat remaining noodles.

Pour the remaining sauce over the noodles in the baking dish, and top with shredded mozzarella. Cover with foil and bake for 40 minutes or until cheese melts.



**Perfect little portion-sized lasagnas!**  
**Yummy for lunch or dinner; easy to freeze and reheat for leftovers.**

- ✓ Vegetarian
- ✓ Source of iron
- ✓ Freezable



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