



8 SERVINGS



55 MIN

SPINACH LASAGNE ROLLS

INGREDIENTS

- 1 package uncooked whole wheat lasagna noodles (about 16 noodles)
- Extra virgin olive oil
- 2 cups shredded mozzarella cheese, divided
- 1 container ricotta cheese
- 2 large eggs, beaten
- 2 garlic cloves, minced
- 2 tablespoons dried parsley flakes, or 1/4 cup finely chopped fresh parsley leaves
- 1 tablespoon dried basil, or 2 tablespoons finely chopped fresh basil leaves
- 1/4 teaspoon pepper
- 1/2 teaspoon salt
- 1 package frozen chopped spinach, thawed, drained, and squeezed very dry
- 2 cups freshly grated Parmesan cheese, divided
- Cooking spray
- 2 jars marinara sauce, divided (or use 6–7 cups)

DIRECTIONS

1. Bring a large pot of salted water to a boil. Cook lasagna noodles until al dente (i.e. slightly undercooked), about 6 to 8 minutes. Drain in a colander. Coat them with a bit of olive oil, lay noodles out flat on a cookie sheet, and set aside.
2. Preheat the oven to 350°F/180°C. Spray a 9×13 inch baking dish (or two 8×8 inch dishes) with cooking spray. Spread 1/2 cup of marinara sauce on the bottom of the 9×13 dish (or 1/4 cup in each 8×8 dish) in a thin layer.
3. In a large mixing bowl, stir together 1 cup mozzarella cheese, ricotta cheese, egg, garlic, parsley, basil, pepper, salt, spinach, and 1 cup Parmesan cheese.
4. On each noodle, spread a generous 1/4 cup of the cheese mixture and then 2.5-3 tablespoons of sauce. Note: You should have used up all the cheese mixture and one entire jar of sauce (3-3.5 cups) by this point, dividing them evenly among the noodles.
5. Roll the noodles up, and place seam side down in the prepared pan(s). Squeeze them in however they fit best.
6. Top entire casserole with the remaining jar of sauce (3-3.5 cups), remaining 1 cup mozzarella, and remaining 1 cup Parmesan cheese. (Freezing instructions begin here.)
7. Bake for about 30 minutes, or until hot and bubbly. Cover with foil if it starts to get too brown on top. If desired, sprinkle the top with freshly chopped parsley and/or basil. Serve warm.