

Spinach Roll-Ups



These are a great vegetarian option instead of regular lasagna. We love them.

Ingredients:

- 1 package lasagna noodles, cooked and drained
- 10 oz package of frozen spinach, thawed and well-drained. Like, really, **really** press out the water.
- 15 oz part-skim ricotta cheese
- 2 1/2 c part-skim mozzarella cheese (reserve 1 cup to sprinkle on top at the end, if desired)
- 2/3c shredded parmesan cheese
- 1 egg, slightly beaten with fork (optional, to help bind)
- Spaghetti sauce (amount to your liking)

Directions:

1. While the noodles are cooking, prepare the rest:
2. In a 9x13 baking pan, spread a bit of sauce on the bottom to cover it.
3. Mix all ingredients (except the noodles) in a medium-sized bowl.
4. Once the noodles are cooked and drained, spread the filling down the noodles about $\frac{2}{3}$ of the way and roll them up. (I do this on a very clean countertop and then transfer them to the pan.)
5. Place roll-ups in pan and top with sauce and reserved mozzarella cheese.
6. Cover with foil and bake at 350* for 30 mins, removing foil after 20 mins to let the cheese melt.

Tips:

- You can use large pasta shells instead of lasagna noodles. We like this because it's less pasta per serving. It'll make about 20-24 shells or so, (about half a box) depending on how full you fill them.