



Cottage Cheese Lasagna Roll Ups

SERVINGS: 8

PREPPING TIME: 20 MINS

COOKING TIME: 50 MINS

INGREDIENTS

- 2 cups marinara sauce, plus more for serving
- 8 uncooked whole wheat lasagna noodles
- 16 oz. 1% cottage cheese
- 1/2 cup grated Parmesan cheese
- 1/4 cup chopped parsley
- 1 Garlic clove, crushed
- 2 tbsp. pesto, prepared or homemade
- 1 large egg
- 1/2 cup frozen chopped spinach, thawed and drained
- 1 tsp. kosher salt
- Black pepper to taste
- 1/2 cup part-skim mozzarella cheese, shredded
- Basil or chives, optional for garnish

DIRECTIONS

1. Preheat the oven to 350°F. Ladle about 1 cup of sauce on the bottom of a 9 x 12 or large oval baking dish.
2. Meanwhile, bring a large pot of salted water to a boil. Cook noodles according to package directions, then drain. Boil pasta for 2-3 minutes less than the suggested time to reduce the noodles from breaking easily and be gentle when removing the noodles from the boiled water.
3. In a large bowl, combine the cottage cheese, parmesan, parsley, garlic, pesto, egg, spinach, 1/2 tsp. salt, and black pepper. Mix well.
4. Place a piece of wax paper on the counter and lay out the lasagna noodles. Make sure the noodles are dry.
5. Take 1/3 cup of cheese mixture and spread evenly over the noodles. Roll carefully and place the seam side down onto the baking dish. Repeat with remaining noodles.
6. Ladle the remaining sauce over the noodles and top each with 1 tbsp. mozzarella cheese.
7. Put foil over the baking dish, be careful not to touch the cheese, and bake for 40 minutes or until the cheese melts.
8. Sprinkle chopped-up chives or basil as garnish.

NUTRITION

Serving size: 1 roll up
(per serving) 226.8 calories, 7.5g fat, 2.9g saturated fat, 30.8mg cholesterol, 651.9mg sodium, 24.6g carbohydrate, 3.3g fiber, 8g sugar, 16.8g protein