

Lasagna Roll-Ups

64 oz spaghetti sauce

8 pieces lasagna

1 lb lean ground beef

¼ cup chopped onion

½ cup dry bread crumbs

1 tsp salt

½ tsp basil leaves

¼ tsp pepper

8 oz (2 cups) shredded Mozzarella cheese

12 oz low-fat cottage or low-fat ricotta cheese

1 egg, beaten

½ cup each of onion, zucchini, tomato, eggplant, bell peppers – your choice

Parmesan cheese

Heat oven to 350. Boil water in large bowl with 4 tsp salt and 1 tbsp oil. Add lasagna; stir. Cook, uncovered, until water oils again for 10-12 minutes; stir occasionally. Drain and rinse under cold water.

Spread 2 cups of spaghetti sauce over bottom of 13x9 pan. In large skillet, brown ground beef with onion over medium heat and drain. In bowl, add bread crumbs with ground beef, 1 tsp salt, basil, pepper, cheeses and egg. Cut each lasagna noodle in half. Spread about 3 tbsp filling on each half. Roll up from short side and place in pan, seam down. Pour remaining sauce over top. Cover and bake for one hour. Sprinkle with Parmesan cheese.

3 points, 5 points plus per roll up

