

Lasagna Roll-Ups

A bit messy, but marvelous!



Level: Medium

Makes: 12

Kids' Tool Kit

Large pot
Wooden spoon
Measuring cups
Measuring spoons
Colander
Wax paper and foil
Skillet
Large mixing bowl
Spoon
9x13-inch pan



Ingredients:

12 lasagna noodles (8 ounces)
Sauce:
1 pound lean ground beef
1 jar (26 ounces) spaghetti sauce
Filling:
1 large carton (24 ounces) cottage cheese
2 cups (8 ounces) mozzarella cheese, shredded
2 tablespoons Parmesan cheese
1 teaspoon garlic powder



Directions:

Remember to wash your hands!

1. In a large pot, heat water to boiling and add lasagna noodles. When water returns to boiling, cook noodles 10 minutes, stirring occasionally.
2. Drain noodles and cool in single layer on wax paper or foil to keep from sticking together.
3. Cook ground beef in skillet and drain well. Add spaghetti sauce and stir.
4. In a large mixing bowl, combine filling ingredients.
5. Preheat oven to 350 degrees.
6. Spoon cheese mixture over noodles, followed by sauce. Roll up and place seam-side down in 9x13-inch pan lightly coated with cooking spray.
7. Cover with foil and bake 30 to 40 minutes or until hot.

Chef's Choice

Lasagna Roll-Ups
Green beans
Low fat milk

Nutrition Facts

Amount Per Serving		
Serving Size 1 Roll-Up (195g)		
Servings Per Container 12		
Calories 240	Calories from Fat 70	
		% Daily Value*
Total Fat 7g		11%
Saturated Fat 3.5g		17%
Cholesterol 35mg		11%
Sodium 700mg		29%
Total Carbohydrate 21g		7%
Dietary Fiber 2g		6%
Sugars 7g		
Protein 23g		
Vitamin A 15%	Vitamin C 4%	
Calcium 20%	Iron 10%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Helpful Hints: Pasta sometimes tends to stick together during or after cooking. A helpful hint is to use plenty of water. Bring the water to a rapid boil, add the pasta slowly, and stir during cooking to prevent sticking. Pasta is best cooked al dente (ahl DEHN-tay), which means it is firm to the bite! Cooking time varies depending on the thickness of the pasta. Since the pasta in this dish will be baked, it can be cooked for a shorter time. Be sure and drain the lasagna noodles and cool in a single layer to keep them from sticking together.



Safety Tip: Pasta is cooked uncovered in a large amount of boiling water. The boiling water helps circulate the pasta so it cooks evenly. Children could easily get burned during this step, so adult supervision is a must. Have a colander ready in the sink to drain the pasta so you can hold the pot with two hands.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.