

Lasagna Roll-Ups

A bit messy, but marvelous!

12 servings

Ingredients:

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: 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.

Nutrition Facts: One roll-up provides 240 calories, 7g total fat, 35mg cholesterol, 700mg sodium, 21g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice
Lasagna Roll-Ups
Green Beans
Low Fat Milk

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