

# Whole Wheat Spinach Lasagna Rollups (or Casserole)

**Prep time:** 20 minutes

**Cook time:** 40 minutes

**Makes:** 6 Lasagna noodle

## Ingredients

**170 grams** Whole grain lasagna noodles ((alt any small whole grain noodle))

**3 ounces** part-skim ricotta cheese

**1 cup** Frozen, thawed spinach

**1 cup** tomato sauce ((low sodium))

**1 cup** onion, diced ((fresh or frozen))

**1 ounce** extra-virgin olive oil

**1 tablespoon** Garlic, diced ((or powder))

**1 teaspoon** Salt/pepper

**1/2 cup** Parmesan or mozzarella cheese ((low sodium))



## Directions

1. Cook the lasagna noodles (or other whole grain pasta noodle\*) in plenty of boiling salted water until al dente, about 10 minutes (make sure they are not overcooked, since they will be baked later). Drain and rinse with cold water. Separate the noodles so they don't stick together, set aside.
2. In a sauce pan heat the olive oil and sweat the onions on medium heat for 5 minutes, or until translucent.
3. Add the garlic and heat for an additional 2 minutes.
4. Add the spinach and saute until warm. Season with salt and pepper.
5. Lay out the lasagna noodles on a work surface. Spread a thin layer of ricotta cheese on each. Divide the spinach

mixture between each noodle and layer on top of the ricotta cheese.

6. Roll each lasagna noodle tightly. In a shallow baking pan ladel enough tomato sauce, approximately 1/4 to 1/2 cup to lightly coat the bottom of the pan, approximately. Place the lasagna roll ups in the pan, they can be touching each other.

7. Top with the remaining tomato sauce and mozzarella or parmesan, and bake in a 350 degree F oven until warm, approximatly 20-25 minutes.

## Notes

### Serving Tips:

For alternate casserole preparation, follow steps 1-4, then instead of preparing the lasagna noodle to roll, simply fold together the spinach mixture, cooked pasta, and ricotta evenly and scoop into a hotel pan (2 or 4"). Top with sauce and sprinkle cheese. Bake as directed.