

Lasagna Roll Ups

1 Tablespoon unsalted butter
2 teaspoons flour
½ cup and 2 Tablespoons whole milk
⅛ teaspoon salt
dash ground black pepper
dash ground nutmeg

Lasagna:

1 cup whole milk ricotta cheese
½ cup frozen chopped spinach, thawed, squeezed dry
¼ cup grated Parmesan cheese
3 slices bacon, cooked and chopped
2 Tablespoons egg substitute
¼ teaspoon salt
¼ teaspoon freshly ground pepper
1 Tablespoon olive oil
6 cooked lasagna noodles
½ cup marinara sauce
½ cup shredded mozzarella cheese

For bechamel sauce:

Melt butter in medium saucepan over medium low heat.

Add flour and whisk for 3 minutes.

Whisk in milk, increase heat to medium high and continue whisking sauce until it comes to a simmer and is thick and smooth, about 3 minutes. Whisk in salt, pepper and nutmeg. Set sauce aside.

Preheat oven to 450 degrees.

Whisk ricotta, spinach and 2 Tbs Parmesan, bacon, egg, salt and pepper in a medium bowl to blend.

Spray a 9" round baking dish with cooking spray. Pour bechamel sauce in bottom of prepared dish.

Lay out lasagna noodles on a work surface and spread about 3 Tbs of ricotta mixture evenly over each noodle.

Starting at one short end, roll the noodle up like a jelly roll and place seam side down atop the bechamel sauce in the dish. Continue with remaining noodles placing each in dish without touching each other.

Spoon marinara sauce over the rolls and sprinkle with mozzarella and remaining Parmesan. Cover tightly and bake until heated through and sauce bubbles, about 20 minutes. Uncover and bake until cheese on top becomes golden, about 15 minutes longer. Let stand for 10 minutes before eating.