



Roasted Veggie Lasagna Roll Ups

makes 3 roll ups

- 1/4 summer squash
- 1/4 zucchini
- 1/4 onion
- 1/4 red pepper
- 4 broccoli florets
- 1 T olive oil
- 1/8 t salt, 1/8 t pepper
- 1/2 cup ricotta cheese
- 2 T shredded parmesan, plus some for garnish
- 1/4 cup shredded mozzarella (plus a big pinch)
- 1/2 teaspoon dried basil
- 2 tablespoons egg substitute
- 3 lasagna noodles, cooked (if using fresh pasta, use uncooked)
- 1/2-3/4 cup marinara sauce

Preheat oven to 400 degrees convection.

Chop all veggies into bite size pieces and lay in a single layer on an oiled parchment lined baking sheet. Drizzle more oil over veggies and sprinkle on salt and pepper. Toss to coat, and rearrange in single layers.

Bake for 15 minutes until softened.

Meanwhile in a mixing bowl, measure ricotta, 2 T parmesan, 1/4 cup mozzarella, basil and egg.

Mix with a fork until well combined.

Lay lasagna noodles on table.

Spoon cheese mixture onto each of the noodles in a thin layer, using back of spoon to spread mixture the length of the noodle, dividing cheese mixture equally between the noodles. Distribute the roasted veggies equally between the 3 noodles, again spreading it out over the length of the noodle.

Starting at the short end closest to you, roll the noodle up, pinwheel style and place it seam side down in a baking dish.

When all noodles are rolled and in the dish, top them with the marinara sauce,

spreading it evenly over the noodles.
Sprinkle rolls with a big pinch of mozzarella.

Cover baking dish with a piece of foil, sprayed with non stick spray to prevent the cheese from sticking to it.
Bake covered 10 minutes. Remove cover and bake for another 5-10 minutes until cheese is melted.

While dish is baking, grate a few tablespoons of parmesan cheese and snip the parsley.

Remove dish from oven and garnish with grated parmesan and snipped parsley.