

## **Lasagna Roll Ups**

makes 4 roll ups

### **Bechamel Sauce**

*enough for 12 rolls*

2 tablespoons unsalted butter

4 teaspoons all-purpose flour

1 1/4 cups whole milk

1/4 teaspoon salt

1/8 teaspoon ground black pepper

Pinch ground nutmeg

Butter baking dish and pour bechamel sauce in to cover bottom.

3/4 cup ricotta cheese

2 tablespoons shredded parmesan

1/4 cup and 2 tablespoons shredded mozzarella

1/2 teaspoon dried basil or 4 fresh basil leaves snipped

1 tablespoon egg substitute

3 oz frozen spinach, thawed and squeezed to remove water

4 lasagna noodles, cooked (if using fresh pasta, use uncooked)

1/2 cup marinara sauce

Preheat oven to 400 degrees.

In a mixing bowl, measure ricotta, parmesan, 2 tablespoons mozzarella, basil and egg and spinach.

Mix with a fork until well combined.

Lay 4 lasagna noodles on table.

Spoon about 1/3 of cheese mixture onto each of the noodles,  
using back of spoon to spread mixture 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 with 1/4 cup mozzarella.

Cover with aluminum foil and bake 15-20 minutes.

If you want cheese browned, remove foil and continue baking another few minutes

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