

Beef Lasagna Rolls

Serves 4

- » Vegetable oil spray
- » 8 large whole-wheat lasagna noodles
- » 1 pound lean ground beef (95% lean)
- » 1 cup fat-free, low-sodium spaghetti sauce 1 teaspoon dried basil, crumbled

Filling:

10 ounces frozen chopped spinach, thawed and squeezed dry
1 cup fat-free or low-fat cottage cheese
1/8 teaspoon salt
1/8 teaspoon crushed red pepper flakes

Topping:

1/2 cup shredded fat-free or part-skim mozzarella
2 tablespoons shredded or grated Parmesan cheese

Preheat the oven to 350°F. Lightly spray an 11 x 7 x 2-inch baking dish with vegetable oil spray.

Prepare the pasta using the package directions, omitting the salt and oil. Drain well. Lay the pasta on a damp paper towel.

Meanwhile, in a large nonstick skillet, brown the ground beef over medium heat for 8 to 10 minutes, or until the beef is no longer pink. Pour off and discard the drippings. Wipe the skillet with a paper towel.

In the same skillet, heat the spaghetti sauce and basil until warmed through.

In a large bowl, stir together the filling ingredients.

To assemble, place the noodles flat on a cutting board. Blot the noodles dry. Spread scant 1/2 cup spinach mixture over each noodle, leaving 1 inch of space at one end of each noodle, which will become the bottom. Starting at the top, roll up each noodle. Place with the seam side down in the prepared baking dish, leaving about 1/2 inch between rolls. Spoon the meat sauce over the rolls. Cover with aluminum foil.



Bake for 30 minutes. Sprinkle with the mozzarella. Bake, uncovered, for 5 minutes, or until the mozzarella is melted. Sprinkle with the Parmesan.

DIETARY EXCHANGES 3 Starch, 5 Lean Meat

NUTRIENTS PER SERVING Calories 461; Total Fat 9.2 g; Saturated Fat 3.7 g; Polyunsaturated Fat 0.5 g; Monounsaturated Fat 3 g; Carbohydrates 45 g; Fiber 10.8 g; Cholesterol 83 mg; Protein 49 g; Sodium 800 mg; Niacin 9.6 mg; Vitamin B₆ 0.5 mg; Vitamin B₁₂ 2.6 mg; Selenium 23.1 mg; Zinc 7.0 mg; Iron 5.8 mg

This recipe is an excellent source of fiber, protein, niacin, Vitamin B₆, Vitamin B₁₂, selenium, zinc, and iron.