

Spinach Lasagna Rolls

Gina's Weight Watcher Recipes

Servings: 9 \ **Serving Size:** 1 roll \ **Old Points:** 4 pts \ **Points+:** 6 ww pts
Calories: 224.9 • **Fat:** 5.1 g \ **Fiber:** 3.4 g \ **Protein:** 13.0 g \ **Carbs:** 31.5

Ingredients:

- 9 lasagna noodles, cooked
- 10 oz frozen chopped spinach, thawed and completely drained
- 15 oz fat free ricotta cheese (I like Polly-o)
- 1/2 cup grated Parmesan cheese
- 1 egg
- salt and fresh pepper
- 32 oz **tomato sauce**
- 9 tbsp (about 3 oz) part skim mozzarella cheese, shredded

Directions:

Preheat oven to 350°. **Combine** spinach, ricotta, Parmesan, egg, salt and pepper in a medium bowl. **Ladle** about 1 cup sauce on the bottom of a 9 x 12 baking dish.

Place a piece of wax paper on the counter and lay out lasagna noodles. Make sure noodles are dry. **Take** 1/3 cup of ricotta mixture and **spread** evenly over noodle. **Roll** carefully and place seam side down onto the baking dish. **Repeat** with remaining noodles.

Ladle sauce over the noodles in the baking dish and top each one with 1 tbsp mozzarella cheese. **Put** foil over baking dish and **bake** for 40 minutes, or until cheese melts. Makes 9 rolls.

To serve, **ladle** a little sauce on the plate and **top** with lasagna roll.