

LASAGNA SPIRALS

Lasagna Spirals

Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 10 (Serving= 1 roll-up)

Nutrition (per serving)

Total Fat: 8 g	Total Carbohydrate: 29
Saturated Fat: 2 g	Dietary Fiber: 5 g
Sodium: 401 mg	Calories: 229
	Protein: 12 g

Ingredients

Sauce

- 1 Tablespoon canola oil
- $\frac{3}{4}$ cup yellow bell pepper, diced
- $\frac{3}{4}$ cup onions, diced
- $\frac{3}{4}$ cup zucchini, diced
- 2 cups mushrooms, sliced
- 2 cups no-salt added tomato puree
- 1 Tablespoon garlic powder
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon thyme
- 1 Tablespoon dried basil leaves
- 1 Tablespoon oregano

Spirals

- 15 ounces low fat ricotta cheese

- 1-10 ounce package chopped frozen spinach, thawed (squeeze out water)
- 1 cup part-skim, low-moisture, mozzarella cheese
- 1 Tablespoon dried basil leaves
- 1 garlic clove, minced
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 egg, lightly beaten
- 10 whole wheat lasagna noodles, cooked (use gluten free noodles for GF version)
- ¼ cup Parmesan cheese

Directions

Sauce

1. In a medium skillet, sauté bell pepper, onions, zucchini, and mushrooms in canola oil until soft.
2. In a medium bowl, combine 2 cups tomato puree plus seasonings. Stir until combined and set ½ cup aside.
3. Add 1 ½ cups of tomato puree mixture to the sautéed vegetables, and stir. Set aside.

Spirals

1. In a large bowl, combine ricotta cheese, spinach, mozzarella cheese, dried basil leaves, garlic clove, salt, pepper, and egg. Mix well.
2. Coat the bottom of a 9 x 13" baking dish with reserved ½ cup tomato puree.
3. Spread ¼ cup of cheese mixture on each lasagna noodle. Roll up and place seam side down in baking dish.. Repeat with 9 other noodles.
4. Cover with the vegetable tomato puree sauce and top with parmesan cheese.
5. Cover with foil and bake at 350 degrees for 20-30 min. Cook uncovered for the last 5-10 min