

Kim's Spinach Lasagna Roll Ups

Kim's Spinach Lasagna Roll Ups



Makes: 8, 6 points per roll up on all plans

Kim's Cook With Me Video: <https://youtu.be/-qFsRdGxvVE>

Kim's recipe:
<https://www.agirlandherphone.net/spinach-lasagna-rollups.html>

- 8 lasagna noodles (cooked and drained)
- 1 teaspoon oil
- 2 cloves garlic (minced)
- 1/2 onion (chopped)
- 10 ounces frozen chopped spinach (thawed and squeezed dry)
- 1 cup reduced fat ricotta cheese
- 4 large mushrooms or 4 ounces sliced canned mushrooms (drained)
- salt and pepper (to taste)
- 2 cups spaghetti sauce (I used 0 pt Crockpot Marinara)
- 4 ounces shredded part skim mozzarella cheese

1. Dice mushrooms and cook with onions and garlic in oil until tender. If using canned mushrooms chop them into smaller pieces first then add to onions and garlic after they have cooked just to warm them up. Remove from heat and mix together ricotta, spinach, mushrooms, salt (a

must) and pepper. Spread mixture onto each noodle evenly and roll up. Place a spoonful of spaghetti sauce on bottom of baking dish and add rolls, seam side down. Cover with remaining sauce and sprinkle with cheese. Bake at 350° for 20-25 minutes, or until heated through and cheese is melted.