

Lasagna Rollups

Makes four

4 lasagna noodles, cooked al dente (don't use no boil noodles)

1 egg

1/2 cup cottage cheese or ricotta

1/4 cup grated parmesan, plus more for sprinkling

1/2 cup mozzarella, plus more for sprinkling

1 teaspoon garlic powder

1 teaspoon dried parsley

1/4 teaspoon fresh cracked pepper

2 cups spaghetti sauce



Preheat your oven to 350 degrees.

If you're using cottage cheese, process it in a food processor or blender until the clumps are gone. In a medium size bowl, mix together the egg, cheeses, garlic powder, parsley, and pepper.

In a small baking dish, spread enough of the spaghetti sauce to cover the bottom of the dish.

Lay the noodles flat and dry them off with a paper towel if wet. Spread one quarter of the cheese mixture on top of one noodle, leaving one inch at the end with no cheese. Start with the other end and roll up the noodle.

Lay the noodle flat in the baking dish. Repeat with the other noodles. Pour the rest of the spaghetti sauce on top of the noodles. Cover with aluminum foil and bake for 20 minutes.

Uncover the dish, sprinkle the additional cheese on top, and place back in the oven for 15-20 minutes until heated through (leave it uncovered).

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