Dinner Tonight!

Speedy Lasagna Roll-Ups

**Ingredients:**

- 8 lasagna noodles, cooked and drained
- 2 cups cottage cheese
- 2 cups shredded mozzarella cheese
- 1 Tablespoon fresh parsley, minced
- 1 pound ground beef (or you can use ground turkey or chicken)
  - 1 (16 ounce can) diced tomatoes
  - 1 (8 ounce can) tomato sauce
  - 1 (10 ounce can) tomato paste
- 2 cloves garlic, minced
- ½ cup white onion, chopped
- ½ cup green bell pepper, chopped
- ½ teaspoon Italian seasoning

In a skillet, cook beef, onion, and garlic until meat is no longer pink. Drain beef. Add tomatoes, tomato sauce, green bell pepper, Italian seasoning, and tomato paste. (To save time, sometimes I use a pre-made jar sauce). Simmer for about 10 minutes. Set aside.

Mix together cottage cheese, Mozzarella cheese, and parsley. Spread this mixture over each noodle and roll up. Place seam side down in a greased baking pan.

Top all roll ups with sauce mixture and then sprinkle with Mozzarella cheese, if desired. Cover dish and bake at 375 degrees for 30 minutes or until thoroughly heated and bubbly. Let stand about 10 minutes before serving for flavors to blend.

**Preparation Time:** 20 minutes  
**Cook Time:** 30 minutes  
**Yield:** 8 servings, serving size—1 lasagna roll up  
**Cost per serving:** $2.09  
**Serve with:** Green beans, mixed vegetables, or tossed salad, and Italian Breadsticks.
**Nutrition facts per serving:**
This Nutrients Facts Panel is with “regular” fat options for the above recipe. For the ingredients: Cottage Cheese (Regular), Shredded Mozzarella Cheese (Part Skim Cheese—this is what is available in most supermarkets), Ground Beef (20% Fat Ground Beef).

Calories: 440, calories from Fat: 170  
Total Fat: 19 g  
Cholesterol: 75 mg  
Sodium: 570 mg  
Total Carbohydrate: 34 g  
Protein: 36 g

Using modified ingredients you can **lower the fat and calories per serving.** For the ingredients: Cottage Cheese (2% Fat), Shredded Mozzarella Cheese (Part Skim Cheese), and for the Ground Beef (10% Fat Ground Beef).

Calories: 370, calories from Fat: 110  
Total Fat: 12 g  
Cholesterol: 60 mg  
Sodium: 550 mg  
Total Carbohydrate: 34 g  
Protein: 31 g