

La Rolls

The Miss Fitz
Malone Middle School



2013

Ingredients:

1 box	Whole Grain Lasagna Noodles
1 2 lb package	Ricotta Cheese, Low-Fat
1 16oz package	Broccoli Florets, Frozen**
2 cloves	Garlic
2	Eggs*
1 cup	Cheddar Cheese, Light, Shredded*
1 tsp	Salt
1 tsp	Black Pepper, Ground
2 28 oz cans	Crushed Tomatoes
1 can 28 oz	Diced Tomatoes, No Salt Added**
2 6oz cans	Tomato Paste
3 Tbsp	Olive Oil
1	Medium Onion, Diced
2	Green Pepper, Diced
2 Pinches	Oregano, Dried
1 Clove	Garlic, Minced
1 Tbsp	Sugar
4 Tbsp	Parsley, Fresh, Chopped
1 tsp	Salt
1 tsp	Black Pepper, Ground

Directions:

For the Filling:

Prepare water to boil lasagna noodles. Boil noodles according to package direction.

Next cook frozen broccoli until thawed. Drain broccoli and let cool. Then do a rough chop of the broccoli and set aside.

In a small bowl crack the two eggs and beat with a wire whisk. Then set aside.

Next peel and mince the 2 cloves of garlic. Set it aside.

To prepare the filling place ricotta cheese in a large mixing bowl. Add the beaten eggs, minced garlic, broccoli, shredded cheese and salt and pepper. Mix until it is well combined. Set filling aside.

When the lasagna noodles are finished cooking drain and allow them to cool until you are able to handle them.

Making the Sauce:

In a sauce pan heat olive oil. Add diced onion, green pepper and minced garlic. Cook until onions are translucent. Add crushed tomatoes, diced tomatoes, tomato paste, sugar, parsley and oregano in to the sauce. Allow for sauce to simmer until ready to be placed over noodles.

Lay the noodles on a flat surface and place 1/4 of a cup of the filling in the noodle and spread it with the back of the spoon.

Then ladle one spoonful of sauce over the filling. Then roll noodle and place in a shallow baking dish. Once the baking dish is full place desired amount of sauce over noodles. Bake in the oven covered at 350 degrees for 25 minutes. Then remove cover for 10 minutes and finish baking.

*Local Product

**Commodity (USDA) Product

