THIS WEEK'S RECIPE

As seen on hdnews.net

Cooking with Carla

Lasagna Roll-Ups

Ingredients:
12 lasagna noodles (8 ounces)
1 pound lean ground beef
1 jar (26 ounces) spaghetti sauce

Filling:
1 large carton (24 ounces) cottage cheese
2 cups (8 ounces) mozzarella cheese, shredded
2 tablespoons Parmesan cheese
1 teaspoon garlic powder

Directions:
Remember to wash your hands!
1. In a large pot, heat water to boiling and add lasagna noodles. When water returns to boiling, cook noodles 10 minutes, stirring occasionally.
2. Drain noodles and cool in single layer on wax paper or foil to keep from sticking together.
3. Cook ground beef in skillet and drain well. Add spaghetti sauce and stir.
4. In a large mixing bowl, combine filling ingredients.
5. Preheat oven to 350 degrees.
6. Spoon cheese mixture over noodles, followed by sauce. Roll up and place seam-side down in 9x13-inch pan lightly coated with cooking spray.
7. Cover with foil and bake 30 to 40 minutes or until hot.

CUT OUT

Nutrition Facts

Serving Size 1 Roll-Up (195g)
Servings Per Container 12

Amount Per Serving	
Calories 240	Calories from Fat 70
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 3.5g	**17%**
Cholesterol 35mg	**11%**
Sodium 700mg	**29%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 2g	**6%**
Sugars 7g	
Protein 23g	

Vitamin A 15%	•	Vitamin C 4%
Calcium 20%	•	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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