



VEGETARIAN APPETIZER

Mini Lasagna Rolls

24 oz. Ricotta Cheese, low fat
1 ¾ oz. Parmesan Cheese, grated
⅓ cup, 1 tbsp. Basil, dried, leaves
¾ tsp. or to taste of Table Salt
¾ tsp. Ground Black Pepper
12 oz. Pasta Sauce
3 Lasagna Noodles
6 oz. Mozzarella and Provolone Cheese Blend

METHOD OF PREPARATION:

1. In a large bowl combine the ricotta, parmesan cheese, basil leaves, salt and black pepper.
2. Heat the pasta sauce in a pan to a low boil. Turn heat to low and keep sauce warm.
3. Bring a large pot of water to a boil, cook the lasagna noodles about 10 minutes. Do not overcook. NOTE: Cook 1 or 2 extra noodles in case they break up. Drain water, and hold noodles in the pot. Place a noodle on a cutting board. Cut in half length-wise, then in half vertically and each one in half again making short strips.
4. In a 9 x 13 baking dish, spread 8 ounces of hot pasta sauce in the bottom of the dish.
5. Taking each strip, place 1 tablespoon cheese mixture at the end and roll up. Make 24 rolls laying them side-by-side with seam-side down on the sauce in the baking dish.
6. From the remaining sauce, drizzle 1½ teaspoons over the lasagna rolls.
7. Sprinkle mozzarella/provolone shredded cheese blend over each roll.
8. Bake at 300°F for 3-5 minutes or until cheese on top has melted. Reduce oven temperature and hold until ready to serve.

MAKES: 24 each

NUTRITION: 90 Calories, 4 g Fat, 2 g Saturated Fat, 0 g Trans Fat, 15 mg Cholesterol, 300 mg Sodium, 7 g Carbohydrate, less than 1 g Dietary Fiber, 3 g Sugar, 6 g Protein

WEIGHT WATCHER SMARTPOINTS = 3

ALLERGENS: Milk, Wheat