



Taste What's Cooking

Vegetable Lasagna Rolls with Creamy Basil Sauce

Preparation Time: 25 minutes

Active Cook Time: 20 minutes

Inactive Cook Time: 20 minutes

Makes: 9 (2-filled rolls) Servings

Ingredients

- 9 Lasagna sheets, cooked according to package directions
- 2 teaspoons canola oil
- ½ red bell pepper, chopped
- 3 scallions, whites and greens sliced
- 3 garlic cloves, minced
- 10 ounce package whole white button mushrooms, chopped
- 10 ounce package frozen spinach, defrosted and drained
- 1 egg, beaten
- 2 teaspoons dried oregano
- 1 teaspoon dried dill weed
- Salt and pepper to taste
- 1 teaspoon cornstarch
- ½ cup plain 0% fat Greek yogurt

Basil Sauce

- 2 teaspoons canola oil
- 2 shallots, minced
- 1 ½ tablespoons cornstarch
- 2 cups Real Goodness, 2% Lactose Free Milk
- ½ cup parmesan cheese
- Salt and pepper to taste
- 1 bunch fresh basil leaves (6 to 7 leaves), cut in chiffonade

Directions

1. PREHEAT oven to 375 degrees.
2. CUT each cooked lasagna sheet in half and set aside.
3. In a large sauté pan, HEAT canola oil on medium-high heat and COOK bell pepper for 2 minutes, ADD scallions, garlic and mushrooms and continue to COOK until vegetables are soft and liquid has evaporated.



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REMOVE from heat.

4. ADD spinach, beaten egg, oregano, dill weed, salt and pepper to mushroom mixture, COMBINE well.
5. In a small bowl COMBINE cornstarch and yogurt; FOLD into spinach mixture.
6. Using one-half lasagna sheet at a time, SCOOP a spoonful of the vegetable mixture into one end of the lasagna sheet and roll up.
7. PLACE in greased baking dish seam side down and continue with remaining lasagna sheets and vegetable mixture (place each roll side by side).

Prepare the sauce:

1. In a medium saucepan, HEAT canola oil over low-medium heat. COOK shallots until soft. ADD cornstarch and MIX with wooden spoon (being careful not to scorch).
2. Slowly POUR milk into cornstarch, WHISKING continuously until mixture thickens, about 5 minutes.
3. REMOVE from heat and stir in parmesan cheese, salt, pepper and fresh basil.
4. POUR sauce over lasagna rolls and BAKE uncovered for 20 minutes. Serve warm.

Nutrition Facts:

159 Calories; 5 grams Fat; 1 grams Saturated Fat; 28mg Cholesterol; 75mg Sodium; 23 grams Carbohydrate; 4 grams Dietary Fiber; 10 grams Protein