Sneaky Lasagna Rolls

Enjoy these quick stovetop lasagna rolls as a weeknight dinner served with a salad or sliced fruit. Tofu is a great source of non-dairy calcium and will likely go unnoticed in this tasty dish.

Serves 6

Ingredients

- 12 whole-wheat lasagna noodles
- 1 tablespoon extra-virgin olive oil
- 3 cloves garlic, minced
- 1 14-ounce package extra-firm water-packed tofu, drained, rinsed and crumbled
- 3 cups chopped fresh spinach
- ½ cup shredded Parmesan cheese
- ¼ teaspoon crushed red pepper
- ¼ teaspoon salt
- 3 – 4 cups marinara sauce
- ½ cup shredded part-skim mozzarella cheese

Nutrition Facts

Serving Size (318g)
Servings Per Recipe 6

Amount Per Serving

Calories 410	Calories from Fat 120
	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 350mg	**15%**
Total Carbohydrate 52g	**17%**
Dietary Fiber 11g	**44%**
Sugars 11g	
Protein 22g	

Vitamin A 35% • Vitamin C 10%

Calcium 30% • Iron 25%

*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

Please note: nutritional values are approximate.

Directions

1. Bring a large pot of water to a boil. Cook noodles according to package directions. Drain, rinse, return to the pot and cover with cold water until ready to use.
2. Meanwhile, heat oil in a large nonstick skillet over medium heat.
3. Add garlic and cook, stirring, until fragrant, about 20 seconds.
4. Add tofu and spinach and cook, stirring often, until the spinach wilts and the mixture is heated through, 3 – 4 minutes.
5. Transfer to a bowl; stir in Parmesan, crushed red pepper, salt and 1 cup marinara sauce.
6. Wipe out the pan and spread 1 cup of the remaining marinara sauce in the bottom.
7. To make lasagna rolls, place a noodle on a work surface and spread ¼ cup of the tofu filling a thin layer on top of it.
8. Roll up and place the roll, seam-side down, in the pan. Repeat with the remaining noodles and filling. (The tofu rolls will be tightly packed in the pan.)
9. Spoon the remaining marinara sauce over the rolls.
10. Place the pan over medium heat, cover and bring to a simmer.
11. Reduce heat to medium; let simmer for 3 minutes.
12. Sprinkle the rolls with mozzarella and cook, covered, until the cheese is melted and the rolls are heated through, 1 – 2 minutes. Serve hot.

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