

Lasagna Roll-Ups

A bit messy, but marvelous!



Level: Medium

Makes: 12

Kids' Tool Kit

- Large pot
- Wooden spoon
- Measuring cups
- Measuring spoons
- Colander
- Wax paper and foil
- Skillet
- Large mixing bowl
- Spoon
- 9x13-inch pan



Ingredients:

- 12 lasagna noodles (8 ounces)
- Sauce:
 - 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.

Chef's Choice

- Lasagna Roll-Ups
- Green beans
- Low fat milk

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



Helpful Hints: Pasta sometimes tends to stick together during or after cooking. A helpful hint is to use plenty of water. Bring the water to a rapid boil, add the pasta slowly, and stir during cooking to prevent sticking. Pasta is best cooked al dente (ahl DEHN-tay), which means it is firm to the bite! Cooking time varies depending on the thickness of the pasta. Since the pasta in this dish will be baked, it can be cooked for a shorter time. Be sure and drain the lasagna noodles and cool in a single layer to keep them from sticking together.



Safety Tip: Pasta is cooked uncovered in a large amount of boiling water. The boiling water helps circulate the pasta so it cooks evenly. Children could easily get burned during this step, so adult supervision is a must. Have a colander ready in the sink to drain the pasta so you can hold the pot with two hands.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.