



Recipes

Pasta Roll-ups with Turkey and Spinach

Here's a good way to sneak some greens into your kids – and time into your schedule! These lasagna-style roll-ups can be made ahead of time and reheated for a quick, easy weeknight meal.

Serves 8	Hands-on time: 45 minutes	Total time: 1.5 hours
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INGREDIENTS:

- 1 tsp. extra-virgin olive oil
- 1 small onion, finely chopped
- 1 clove garlic, minced
- 1 lb ground turkey breast
- 3/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1 28-oz can whole tomatoes in juice
- 1 tsp salt
- 8 sheets dried high-protein or whole-wheat lasagna
- 1 10-oz box frozen chopped spinach, thawed
- 1 15-oz container non-fat ricotta cheese
- 1 egg
- 3/4 cup shredded reduced-fat mozzarella cheese

INSTRUCTIONS:

1. In a large skillet, heat olive oil over medium heat. Add onion and cook until softened, about 5 minutes. Add garlic and cook another minute. Turn heat to medium-high and add ground turkey, breaking it up with a spatula until meat shows no sign of pink. Stir in cinnamon and nutmeg, then add tomatoes and salt. Reduce heat to medium-low, stir, cover and let simmer for 20 minutes, occasionally stirring and breaking up tomatoes with a wooden spoon.
2. Meanwhile, bring a large pot of water to boil. Cook pasta according to package directions, drain, rinse and allow to cool in a colander.

3. Preheat the oven to 400°F. Squeeze all remaining moisture from thawed spinach and place in large bowl. Add ricotta cheese, egg and a 1/4 cup mozzarella cheese to bowl. Stir until combined.

4. Spread 1 cup of cooked tomato sauce into bottom of a 9" x 10" casserole dish. Lay a cooked lasagna noodle flat in front of you. Use your fingers to spread 1/8 of ricotta mixture across the noodle and roll it up. Place the rolled pasta seam side down, into the casserole dish. Repeat with remaining noodles. Spread remaining tomato sauce over roll-ups, then top with remaining 1/2 cup mozzarella.

5. Bake, covered with foil, for 20 minutes. Remove foil and broil for 5 minutes or until the rollups are browned and bubbly.

NUTRIENTS PER SERVING:

- Calories: 234
- Total Fat: 3 g
- Sat. Fat: 0 g
- Carbs: 27 g
- Fiber: 5 g
- Sugars: 7 g
- Protein: 28 g
- Sodium: 508 mg
- Cholesterol: 76 mg

NUTRITIONAL BONUS:

One serving of these lasagna-style roll-ups gives you 90 percent of your vitamin A requirement and a healthy dose of calcium – 366 milligrams to be precise.