











TASAGNA ROLLS

INGREDIENTS

1 LARGE EGG
16 OZ GROUND BEEF, 85% LEAN
1/2 TSP BLACK PEPPER, OR TO TASTE
1/4 CUP PARMESAN CHEESE, SHREDDED
TSP SEA SALT TO TASTE
3 CUPS MOZZARELLA CHEESE, SHREDDED
1/4 CUP PARSLEY, CHOPPED, PLUS MORE
TO GARNISH

3 GARLIC CLOVES, MINCED
1/2 TSP DRIED OREGANO
15 OZ RICOTTA CHEESE
24 OZ MARINARA SAUCE
1/2 CUP DICED ONION
12 LASAGNA NOODLES,
COOKED TO
PACKAGE INSTRUCTIONS

DIRECTIONS

- 1. PREHEAT OVEN TO 375°F. COOK NOODLES
- 2.IN A DEEP PAN OR DUTCH OVEN, OVER MEDIUM-HIGH HEAT, COOK GROUND BEEF UNTIL NO LONGER PINK, BREAKING UP WITH A SPATULA (2 MIN). ADD ONION AND COOK UNTIL SOFTENED (3 MINUTES). ADD GARLIC, 1 TSP SALT, 1/2 TSP PEPPER AND 1/2 TSP OREGANO AND SAUTEE ANOTHER MINUTE. ADD MARINARA, BRING TO A SIMMER AND TURN OFF THE HEAT. SPREAD 1/2 CUP MEAT SAUCE OVER THE BOTTOM OF A CASSEROLE DISH
- 3. IN A LARGE BOWL, STIR TOGETHER: RICOTTA, 1 EGG, 1/4 CUP PARMESAN CHEESE, 1 1/2 CUPS MOZZARELLA CHEESE AND 1/4 CUP PARSLEY.
- 4.TO CONTAIN MESSINESS, ARRANGE NOODLES OVER A LARGE BAKING SHEET IN A SINGLE LAYER. SPREAD 1/4 CUP (1 SCANT ICE CREAM SCOOP) OF CHEESE MIXTURE OVER THE TOP OF EACH NOODLE. ADD A HEAPING TBSP OF MEAT SAUCE IN A STRIP DOWN THE CENTER OF THE NOODLE. ROLL NOODLES UP AND ARRANGE IN THE PREPARED CASSEROLE DISH.
- 5. SPREAD REMAINING MEAT SAUCE OVER THE TOPS OF ROLL-UPS AND SPRINKLE ON THE REMAINING 1 1/2 CUPS MOZZARELLA CHEESE. COVER WITH FOIL, MAKING SURE FOIL ISN'T TOUCHING CHEESE (IF YOUR PAN IS ON THE SHALLOW SIDE, YOU CAN PUT TOOTHPICKS INTO ROLLS TO KEEP THE FOIL AWAY FROM CHEESE.
- 6.BAKE COVERED AT 375°F FOR 40 MINUTES. REMOVE FOIL AND BROIL ANOTHER 2-3 MINUTES OR UNTIL CHEESE IS LIGHTLY GOLDEN. GARNISH WITH PARSLEY TO SERVE.

