

Low-Point Spinach Lasagna Roll-Ups

Ingredients:

- 9 long lasagna noodles
- 6 oz. fresh baby spinach
- 1/4 cup low-fat ricotta cheese
- 3 oz. less-fat cream cheese
- 1 tsp. kosher salt, or sea salt
- 1 tsp. onion powder
- 1 cup reduced-fat shredded mozzarella cheese
- 1 cup Classico Traditional sweet basil pasta sauce (or any pasta sauce that has about 70 calories, 1 gram of fat, and 3 grams of fiber for 1/2 cup)

Preheat oven to 375 degrees. Heat a large sauce pan over medium-high heat. Add lasagna noodles to boiling water and boil for about 10 minutes or until tender. While the noodles are boiling, place the spinach, ricotta cheese, cream cheese, salt, and onion powder in a food processor. Process until well blended. Remove the noodles and lay out on a clean surface. Spoon the spinach and ricotta mixture onto each noodle and smooth out. Roll lasagna noodle and place, seam down in a baking dish. Cover noodles with one cup of pasta sauce and one cup mozzarella cheese. Place in oven, uncovered, for 20 minutes. Remove and enjoy!

Total servings - 9

Serving size - 1

Points per serving - 3.2

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"In any moment of decision, the best thing you can do is the right thing, the next best thing is the wrong thing, and the worse thing you can do is nothing." - Theodore Roosevelt