



HEY KIDS, LET'S COOK!

Lasagna Rolls

$\frac{3}{4}$ cup Ricotta cheese
 $\frac{3}{4}$ cup grated mozzarella cheese
3 Tablespoons bread crumbs
4 cloves fresh garlic
2 Tablespoons parsley
1 egg
 $\frac{1}{4}$ teaspoon salt

4 lasagna noodles
1 Tablespoon olive oil
1 small can tomato paste
1 small can tomato sauce
1 teaspoon Italian seasonings
 $\frac{1}{4}$ teaspoon crushed red pepper flakes

Directions for lasagna noodles:

1. Fill a large sauce pan half way with water and bring to a rolling boil.
2. Add the lasagna noodles, using a wooden spoon to completely cover the noodles with water.
3. Cook uncovered 10-12 minutes.
4. Drain in a colander and rinse under cool water.

Directions for the cheese filling:

1. Wash parsley in cold water, chop fine.
2. Peel off the outer skins of the clove of garlic and use a garlic press to crush.
3. In a medium mixing bowl combine the garlic, parsley, ricotta cheese, mozzarella cheese, bread crumbs, and egg.

Directions for marinara sauce:

1. In a medium size fry pan, add 1 Tablespoon olive oil and turn the heat to medium.
2. Use the garlic press and crush 2 cloves of garlic and add to the frying pan.
Stir with a wooden spoon until lightly browned.
3. Add the tomato paste, tomato sauce, Italian seasonings, red pepper flakes, and 1 cup of water.
4. Turn the heat to simmer and stir occasionally with a wooden spoon for 10 minutes.

Directions for Lasagna Rolls:

1. Put $\frac{1}{2}$ cup of marinara sauce on the bottom of a small baking dish.
1. On a cutting board, cut each lasagna noodle in half crosswise.
2. Spread about 3 tablespoons of the cheese mixture evenly on each noodle.
4. Roll-up and place seam side down in baking dish.
5. Cover the Lasagna Rolls with the remaining marinara sauce.
6. Bake in a 350 degree oven for 30 minutes.

You Did It! Yum!