

Foodnity Recipes

Lasagna Rolls – Fun Twist on a Classic Favorite

20 min Prep time	**35 min** Cook time	**55 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 12 lasagna noodle sheets, cooked al dente
- [ ] 1 cup ricotta cheese
- [ ] 1 cup shredded mozzarella
- [ ] 1/2 cup grated parmesan
- [ ] 1 large egg
- [ ] 2 cups fresh spinach, chopped
- [ ] 1 lb ground turkey
- [ ] 1 cup marinara sauce (see sun-dried tomato for inspiration)
- [ ] 2 tbsp olive oil
- [ ] 1 tsp dried oregano

For the Sauce

- [ ] 2 cups marinara sauce
- [ ] 1/4 cup grated parmesan
- [ ] Fresh basil leaves for garnish

Instructions

1. Boil the lasagna sheets in salted water until just tender, drain, and lay them flat on a clean kitchen towel.
2. In a bowl, combine ricotta, egg, half of the mozzarella, half of the parmesan, chopped spinach, and a pinch of oregano; stir until smooth.
3. Heat olive oil in a skillet over medium heat, add ground turkey, season with salt, pepper, and dried oregano; cook until browned, then set aside.
4. Place a generous spoonful of the cheese-spinach mix onto each noodle, add a dollop of the cooked turkey, then roll tightly and seam side down in a greased baking dish.
5. Pour marinara sauce over the rolls, sprinkle the remaining mozzarella and parmesan, and cover the dish with foil.
6. Bake at 375°F for 25 minutes, remove foil, bake another 10 minutes until the cheese is golden, then let rest five minutes before serving.

Nutrition per serving

420 kcal	30 g	38 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce looks too thick, stir in a splash of water or broth.
- A light drizzle of extra-virgin olive oil before serving adds a glossy finish.
- Feel free to add a pinch of red-pepper flakes for a subtle heat.