

Italian Sausage Lasagna Rolls

Dianna Dorn - Redding, CA
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Servings: 10

1 tablespoon olive oil
1 medium onion, finely chopped
2 cloves garlic, minced
1 can (28 ounce) crushed tomatoes, undrained
1 can (15 ounce) tomato sauce
1 can (6 ounce) tomato paste
1 teaspoon dried basil
1 teaspoon dried marjoram
1 teaspoon dried oregano
1 teaspoon dried parsley
1 teaspoon dried thyme
1/2 teaspoon pepper
1/4 teaspoon salt
1 can (2-1/4 ounce) sliced ripe olives
10 uncooked lasagna noodles
1 package (19 ounce) Johnsonville mild Italian sausage links
1 package (6 ounce) fresh baby spinach
1 package (8 ounce) cream cheese, softened
2 cups (8 ounce) part-skim mozzarella cheese, shredded

Preparation Time: 30 minutes

Bake: 45 minutes

Preheat the oven to 350 degrees.

In a saucepan, heat the oil over medium heat. Add the onion and garlic. Cook and stir for 4 to 6 minutes or until tender. Stir in the tomatoes, tomato sauce, tomato paste and seasonings. Bring to a boil. Reduce the heat and simmer, uncovered, for 40 minutes. Stir in the olives.

Cook the lasagna noodles according to package directions for al dente. Cook the sausages in a large skillet according to package directions. Drain. Cut the sausages in half widthwise. In the same pan, cook and stir the spinach over medium-high heat until wilted; drain and squeeze dry.

In a bowl, mix the cream cheese and spinach. Spread three cups of the sauce into a 13x9-inch baking dish. Spread two tablespoons of cream cheese mixture onto each noodle. Place a sausage half on a short end and carefully roll up. Cut in half widthwise. Place the ruffle side up in the sauce. Repeat with the remaining noodles and filling ingredients.

Pour 1-1/2 cups of sauce over the rolls. Sprinkle with mozzarella cheese.

Bake, covered, for 40 minutes. Uncover. Bake for 5 to 10 minutes longer or until the cheese is melted. Serve with the remaining sauce.

Per Serving (excluding unknown items): 120 Calories; 10g Fat (68.9% calories from fat); 3g Protein; 7g Carbohydrate; 1g Dietary Fiber; 25mg Cholesterol; 382mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 2 Fat.

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	120	Vitamin B6 (mg):	.1mg
% Calories from Fat:	68.9%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	21.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	9.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	10g	Folacin (mcg):	13mcg
Saturated Fat (g):	5g	Niacin (mg):	1mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	25mg	% Daily Value:	0.0%
Carbohydrate (g):	7g		
Dietary Fiber (g):	1g		
Protein (g):	3g		
Sodium (mg):	382mg		
Potassium (mg):	292mg		
Calcium (mg):	43mg		
Iron (mg):	1mg		
Zinc (mg):	trace		
Vitamin C (mg):	9mg		
Vitamin A (i.u.):	979IU		
Vitamin A (r.e.):	164 1/2RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories	120	Calories from Fat:	82
% Daily Values*			
Total Fat	10g		15%
Saturated Fat	5g		27%
Cholesterol	25mg		8%
Sodium	382mg		16%
Total Carbohydrates	7g		2%
Dietary Fiber	1g		6%
Protein	3g		
Vitamin A			20%
Vitamin C			15%
Calcium			4%
Iron			7%

* Percent Daily Values are based on a 2000 calorie diet.