



Low-Fat Lasagna Roll-ups in Pesto Cream Sauce

Ingredients:

12 lasagna noodles, cooked
2 egg whites
1 pound nonfat ricotta cheese
1 cup grated reduced-fat Monterey Jack cheese
1 box (10 ounces) frozen chopped spinach, thawed and squeezed dry
1/8 tsp. nutmeg
3 tbsp. chopped parsley

For the Sauce:

1 cup fresh basil leaves, loosely packed
1 clove garlic, sliced
2 tbsp. pine nuts
1/4 cup Parmesan cheese
1/2 cup fat-free chicken broth
1 cup fat-free half-and-half
1 tbsp cornstarch

Directions:

Cook the lasagna noodles al dente. Rinse in cold water and set aside. Preheat the oven to 350 degrees. Spray a baking pan with nonstick cooking spray and set aside.

In a medium-size bowl, beat the egg whites lightly with a fork. Add the ricotta cheese, Monterey Jack, spinach, nutmeg, and parsley and mix well. Lay the noodles out; place about 3 tablespoons filling on each one. Spread filling evenly on each noodle and roll up. Place in the baking pan, either standing on end or laying on the seam.

In a blender, combine the basil, garlic, pine nuts, and Parmesan cheese. Add the chicken broth, and blend well. In a small saucepan, combine the fat-free half-and-half and cornstarch, and mix until completely dissolved. Cook, stirring constantly, over medium heat until it boils. Add pesto, and mix. Pour the sauce over the lasagna rolls, cover, and bake for 30 minutes, or until heated through.