

Lasagna Florentine with Mushroom Marinara Sauce (25 servings)



INGREDIENTS:

Mushroom Marinara Sauce

Non-Stick Spray	As Needed
Onions, chopped	2 ¼ cups
Garlic Powder (divided)	2 Tbsp.
Thyme, dried	1 ½ Tbsp.
Basil, dried (divided)	1 ½ Tbsp.
Red crushed pepper	1 tsp.
Tomatoes, canned, crushed	6 cups
Mushrooms, canned, drained	2 ½ cups

Lasagna Rolls

Lasagna noodles	2 lbs (50 ea)
Low fat Cottage cheese, drained	2 ½ cups
Mozzarella cheese, shredded	2 cups
Onion Powder	1 Tbsp.
Frozen spinach, thawed, chopped, drained, if using canned, drain well	2 ½ lbs.
Parmesan cheese, grated	½ cup

NUTRITIONAL VALUE:

Calorie: 245
Fat: 3.7g
Cholesterol: 7mg
Sodium: 286mg
G4G: Green

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Method of Preparation

- 1. Mushroom Marinara Sauce:** Use non-stick cooking spray to sauté onions until transparent. Add 1 Tbsp garlic powder, thyme, basil, and red crushed pepper. Stir to blend and cook for 1 minute.
- Add crushed tomatoes, blend well, bring to a boil.
- Reduce heat and simmer for 15 minutes; add mushrooms. Place in warmer until ready to use.
- In a large bowl, mix together cottage cheese, mozzarella cheese, onion powder, remainder of garlic powder & basil. Add spinach, blend to mix. Do not over mix, as it will turn the mixture green.
- Cook lasagna noodles according to manufacturer's instructions.
- 6. To prepare roll:** Place cooked noodles on a flat surface, spread ¼ cup spinach mixture over each noodle, roll and place in pan with seam down. Pour ¼ cup of sauce over each noodle and garnish with 1 tsp parmesan cheese.
- Place in oven of 350°F and heat through for 15 minutes or until internal temperature of 160°F for 15 seconds.

Serving Notes: Serve 2 rolls or 6 ozs.