

Chicken and Spinach Lasagna Roll-ups

2 cups cooked boneless skinless chicken, shredded
1 1/2 cups ricotta
1/4 cups Parmesan
1 teaspoon Italian seasoning
1 teaspoon garlic
1/4 teaspoon pepper
1 cup thawed frozen chopped spinach
10 Lasagna noodles
2 cups marinara sauce
1/2 cup mozzarella

Heat oven to 350 degrees Fahrenheit.

Following package directions, cook lasagna noodles. Remove noodles from water when finished cooking and lay them out on a flat surface in a single layer.

While noodles cook, using a medium bowl, ricotta, Parmesan, Italian seasoning, garlic, pepper, chopped spinach.

Spread a thin layer of marinara sauce, about 1/2 cup, in two rows lengthwise in a 9×13 baking dish. The sauce will help keep lasagna rolls from sticking the bottom of the pan.

Spread a heaping 1/4 cups worth of filling mixture on each noodle. Sprinkle shredded chicken across noodles. Roll the noodles and line them in two rows on top of the marinara sauce you already spread on the pan.

Spread the remaining sauce on top of the lasagna rolls once they are all placed in the pan. Sprinkle mozzarella cheese on top of the rolls.

If freezing wrap in plastic wrap or top with lid. Label and date and freeze.

Bake rolls for 30-40 minutes or until mozzarella is light golden brown and rolls are warmed through.