



Rotolo di Lasagne

“Coiled” Mini Lasagna Rolls, With Delicate, Scratch-Made Pasta

Believe it or not, this appetizer was inspired by a commercial for... Olive Garden “gasp”. They showed a big hunk of lasagna that was rolled up and plated. But, rather than having it served on it’s side, like you’d normally see, theirs is served standing upright. That immediately got the wheels turning. A 1/4 cup ball of fresh pasta dough can be made into a gigantic pasta sheet. So I wanted to try seeing how many servings I could get out of it. What you end up with is a mouthful of lasagna that’s light, delicious and flavorful.

Servings Info.:

Yield: 19 rolls**

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Serving Size: 1” thick rolls



Range

0-1

- last checked 01/07/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Pasta Dough:

- 1/4 cup pasta dough ball. Make your dough as shown in my “Cookbook: Volume 1”, page 40.

Lasagna Filling:

- 1 pound batch of my ground turkey Italian sausage. The recipe can be found in my “Cookbook: Volume 1”, page 27.
- 2 medium garlic cloves, finely chopped
- 1/2 cup diced onion
- 1/2 cup fresh basil, chopped (*optional*)
- 2 cups packed spinach, chopped
- 3/4 cup Greek yogurt
- 1 egg yolk, OR 1 egg white, if whole eggs have points for you.
- 1 Tbsp reduced fat grated Parmesan cheese topping (Kraft)

Marinara Sauce:

- 1 batch of my “10 Minute Marinara” sauce. The recipe can be found in my “Cookbook: Volume 1”, page 80.

Topping:

- 1/4 cup shredded reduced fat mozzarella cheese
- 2-1/2 tsp reduced fat grated Parmesan topping (like Kraft)

Directions:



1. (A) Take your batch of italian sausage and mix in the onions and garlic. Cook in a large pan, over med-high heat. (B) When the meat is cooked through, add the spinach and basil. Cover and cook till wilted. (C) Place the meat, yogurt, egg yolk and parmesan into a food processor. (D) Pulse a few times until the filling is broken down, but not pureed. Set aside.



2. In a medium sized pot, heat all of the Marinara sauce ingredients, except for the tomato sauce, for 3 minutes over med-high heat. Pour in the tomato sauce, then use a blender or hand blender to puree the mixture. Set aside.



3. (A) Take your large sheet of pasta, made from a 1/4 cup pasta dough ball and boil it for 2 minutes. (B) Remove it from the water, rinse it off (JUST DO IT!) then pat it dry with towels. (C) Lightly spray a large work surface with cooking spray, then place the pasta down and ladle some of the tomato sauce on top. (D) Cover with all the filling.

4. (A) Spread a thin layer of marinara on top of the filling, then gently roll it all up, like a long jelly roll. (B) Use a sharp knife to gently cut 1" wide slices. I recommend using a slow back and forth sawing motion. Don't press down too hard or you'll smush the pasta. (C) After you cut a serving, lay it down flat, then use your fingers to gently shape it into a rounded shape, if needed. (D) Place a layer of marinara sauce on the bottom of a baking dish, then carefully use a fork to lift the rolls into the pan, 1 at a time. Slide the fork's prongs underneath the rolls while transferring them. Then place a small amount of marinara (about 1-2 tsp) on top of each slice. You want to keep the outside walls of pasta exposed to the heat of the oven, without sauce on them. (E) Sprinkle the mozzarella on top of the rolls. (F) Bake the rolls for 20-25 minutes at 375 degrees. You want to bake them until the pasta on the outside, gets slightly browned and firm to the touch. The inside is very soft, so having the outside pasta be browned and toasted is ideal. Garnish all of the plated "coils" with 1-1/2 tsp of grated parmesan topping and some fresh chopped parsley.

NOTES:

- If you use regular store bought lasagna noodles, boil them, follow the same process, but roll them up from end to end, then make slices. You'll only get a LOT less coils, for a lot more points, but it's still doable.
- I was able to make 19 servings from my pasta sheet. If you aren't able to get as many slices from your pasta, adjust your points accordingly.
- If whole wheat pasta is 0 points for ya... make my pasta recipe with whole wheat flour. Your pasta sheet will be 0 points and will remove 3 ingredient points (for AP flour) from the recipe.

