



Zucchini Lasagna Rolls

8 Lasagna Noodles, cooked

1 tsp olive oil

3 cloves garlic, crushed

2-3 small zucchini, grated and squeezed dry

12 oz container ricotta cheese

1/2 cup grated Parmesan cheese

1 Large Egg, beaten

1/2 tsp sea salt

fresh cracked pepper

2 cups Pomodoro or Alfredo sauce (see below or use prepared sauce)

1/2 cup shredded mozzarella cheese

Preheat oven to 350. Ladle 1 cup sauce on the bottom of a 9 x 13 baking dish. Saute garlic and olive oil over medium heat for about 1 minute. Add zucchini, salt and pepper, and cook about 4-5 minutes, until soft. Transfer to bowl and add ricotta, parmesan, and egg. Season with salt and pepper to taste.

Lay out lasagna noodles on a clean work surface. Spread 1/3 cup of the mixture over each noodle. Roll carefully and place seam side down into the baking dish. Ladle a second cup of sauce over the top of the rolls, then top each with 1 T mozzarella. If desired, cover with foil. Bake 40 minutes. Top with fresh basil if desired and eat hot.

To freeze for later, just cover with foil instead of baking. When time to serve, thaw 36-48 hours and bake the same as fresh, or leave frozen and bake 60 min.

To freeze individually, forego the sauce until cooking time. Place each roll on a cookie sheet and flash freeze for 30-60 minutes, then transfer to freezer bag. To serve, remove as many as you need and use 1/4 sauce per roll that you are cooking, then top with mozzarella and bake at 350 for 60 minutes.

Basic Pomodoro Sauce

1/4 cup Olive Oil

1 small yellow onion, finely diced

4 cloves garlic, minced

1 28 oz can crushed tomatoes

Sea Salt and Freshly Ground Pepper

1/4 cup coarsely chopped fresh basil

Saute onion in oil in medium saucepan over medium heat until it is golden brown, about 12 minutes. Add the garlic and stir until fragrant, about 1 minute. Add tomatoes and bring to a simmer. Reduce heat to med-low and simmer about 20 minutes until slightly reduced. Season with salt and pepper. Remove from heat and stir in basil

Basic Alfredo Sauce

1/4 cup butter

1/4 cup flour

1 1/2 cups half & half or heavy whipping cream

1 1/2 cups water

2 chicken boullion cubes

1/2 cup grated parmesan

Melt butter in saucepan. Whisk in flour and cook for 1-2 minutes. Slowly add liquids, whisking constantly. Drop in cubes. Cook until thickened, whisking continuously to prevent sticking to the bottom. When it reaches desired thickness, remove from heat and stir in the parmesan cheese.