Lasagna Roll-Ups

This recipe makes 12 servings

Ingredients:
12 lasagna noodles (8 ounces)

For Sauce:
1 pound lean ground beef
1 jar (26 oz) spaghetti sauce

For Filling:
1 large carton (24 ounces) cottage cheese
2 cups (8 ounces) mozzarella cheese, shredded
2 tablespoons Parmesan cheese
1 teaspoon garlic powder

Directions: (1) In a large pot, heat water to boiling and add lasagna noodles. When water returns to boiling, cook noodles 10 minutes, stirring occasionally. (2) Drain noodles and cool in single layer on wax paper or foil to keep from sticking together. (3) Cook ground beef in skillet and drain well. Add spaghetti sauce and stir. (4) In a large mixing bowl, combine filling ingredients. (5) Preheat oven to 350 degrees. (6) Spoon cheese mixture over noodles, followed by sauce. Roll up and place seam-side down in 9x13-inch pan lightly coated with cooking spray. (7) Cover with foil and bake 30 to 40 minutes or until hot.

Nutrition Facts: *Serving size is one roll-up. Servings per container = 12.* One roll-up serving provides 240 calories, 7g total fat, 35mg cholesterol, 700mg sodium, 21g total carbohydrate.

Recipe courtesy of K-State Research & Extension Family Nutrition Program - Kids a Cookin' at http://www.kidsacookin.ksu.edu/

FAMILY DAY FACT:

Compared to teens who eat dinner frequently with their families (five or more dinners per week), those who have infrequent family dinners (fewer than three per week) are: 3 ½ times likelier to have abused prescription drugs; 3 ½ times likelier to have used an illegal drug other than marijuana or prescription drugs; 3 times likelier to have used marijuana; more than 2 ½ times likelier to have used tobacco; and 1 ½ times likelier to have used alcohol.

Source: *CASA's The Importance of Family Dinners IV, 2007.*