**Vegetarian Lasagna Roll-Ups**

|  |
| --- |
| Cooking Principle: Vegetarian Cooking, Pasta |
| Time: 20-25 min |
| Temp: 350oF |

Serves 2

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |
| --- | --- | --- |
| **Roll Ups** | **Sauce\***  | **Garlic Toast** |
| 15 ml salt | 150 ml tomato sauce | 25 ml margarine |
| 4 lasagna noodles | 100 ml tomato paste | 2 ml garlic powder |
| ¼ onion | 2 ml parsley (optional) | 2 slices French Bread |
| ¼ carrot | 2 ml oregano |  |
| $^{1}/\_{3 } $zucchini | 2 ml basil |  |
| ½ rib celery | 2 ml sugar |
| ¼ sweet pepper | 1 ml salt |  |
| 1 clove garlic | 1 ml pepper |  |
| 100 ml cottage cheese |  |  |
| 125 ml mozzarella |  |  |
| 25 ml parmesan |  |  |

 |

\*place all sauce ingredients in a 500 ml liquid measuring cup

**Method:**

**Day 1**

1. Fill Dutch oven ½ full of water and add salt. Put on largest burner and heat to a boil.
2. When water boils, add all noodles (yes from both groups) to the water. Cook for 12-15 minutes; stirring with a wooden spoon occasionally to prevent sticking. Test to ensure the noodles are el dente.
3. Drain in a colander placed in the sink and allow to cool until you can pick them up. **Do not rinse the noodles**.
4. Meanwhile, cut the vegetables into consistent sizes – not too large as you need to put them in the noodles.
5. In a medium frying pan fry carrots, celery, onions, and peppers in small amount of oil until the onions are almost translucent. Add salt and pepper to taste. Add the garlic and zucchini; continue cooking until the carrots are tender-crisp.
6. Stir tomato mixture into vegetables and simmer 4-10 minutes. Taste and adjust the seasonings.
7. In a medium mixing bowl combine the cottage cheese, parmesan cheese, and half of the mozzarella.
8. Prepare pan by spreading a thin layer of sauce over the bottom of the pan.
9. Lay 4 noodles out on a cutting board. Spread ¼ of the cheese mixture over each noodle. Spread with 1/5 of the remaining sauce on each noodle. You need some to cover the top before baking.
10. Roll up each noodle and place seam side down in the prepared pan.
11. Top with remaining sauce and cheese.
12. Cover with plastic wrap, label and refrigerate until tomorrow.

**Day 2**

1. Leave the bottom oven rack in place and set the top rack 2 from the **top**. Preheat oven to 375oF.
2. Remove the plastic wrap and cover with foil. Place loaf pans on a baking sheet and bake for 20-25 minutes. Keep them covered.
3. Meanwhile, combine the margarine and garlic powder together. Butter the bread and place on a baking sheet.
4. Reset the oven to broil. Remove the foil and place under the broiler. Place the pan with the bread on the same rack.
5. Broil both until golden brown. Serve hot with the garlic toast.

|  |  |
| --- | --- |
| **Standards:**Noodles al denteVegetables each cut into consistent sizesVegetables cooked tender-crispCheese melted and brownedToast golden brown | **Equipment on Tray:**  |