

Spinach Lasagna Roll-Ups



Hi guys!

First off, I have to say- WOW! The stats for last week's cookbook giveaway were insane, with over 800 submissions! I have to say, I was NOT expecting that many people to sign up, so I'm thrilled with the result. If you're new here from signing up via the giveaway: WELCOME!

Are you curious as to who the winner of the cookbook was? They've been contacted via email, and once I get their go-ahead, I'll post their name on the Percolate Kitchen Facebook and Twitter pages. So keep an eye out!

Are you sad you didn't win? Don't fret, my pet. I will be sending each and every one of you a special little mini-ebook of 30 minute freezer meal recipes in the next day or so! Woohoo!

Ok, let's get onto the real reason we're all here: the food. This week's featured recipe is Spinach Lasagna Roll-Ups. They're vegetarian, freeze like champs, are fun to make with kids, and (the best part) are ready in under half an hour. It's also a super versatile and totally amenable dish, and works with whatever you got going on in your kitchen right now.

For example, you can easily switch out kale for spinach, or add ground beef to the sauce if you're not vegetarian. Feel free to have fun with this dish; it's only a handful of ingredients (8 total!) and extremely forgiving.

You might be wondering why the lasagna sheets are rolled up instead of layered, as you do with a traditional lasagna. The biggest benefit of rolls is that they make a perfect little serving size. One roll=one serving! This also means this lasagna is a total rockstar freezer meal. You can freeze as much or as little as you want at one time.

Smaller freezer meals defrost faster and are perfect for solo dinners or lunches. I put four lasagna rolls in a disposable loaf pan and froze them for one week, and they

defrosted beautifully and were the perfect thing to eat with my kids one night when my husband was out of town.

And kids will love rolling them up, too. I enlisted my three year old for help and she was surprisingly adept at rolling. I lined up the cooked lasagna sheets on the counter, spread the ricotta and spinach filling in each one, and let her go to town. She made an enormous mess, but like I said; this is a forgiving dish. Her rolls worked perfectly no matter how messy they were.

In any case, it's a weeknight-friendly, freezer-awesome, kid-friendly, delicious dish and I hope you love it.

This week's links are fun and interesting (As in... do you wash your chicken? How do you feel about a spaghetti donut?), and I'm hoping to start a new feature soon: "What's In Your Fridge?" See the blurb below and let me know if you want to enter! Also- what kind of kitchen or meal planning issues are you guys having? Let me know, I'd love to help you solve it in "Kitchen Hacks".

And with that- I'll leave you to it. Happy eating!

Ruthly

30 minute SPINACH LASAGNA ROLL-UPS





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Spinach Lasagna Roll-Ups

[Click here to view the post, and print and save the recipe](#)

serves 2-4

Time: 30 minutes

- 12-14 lasagna sheets
- 1 tablespoon olive oil
- 1 medium onion, diced (about 1 cup)
- 1 large red bell pepper, ribs and seeds removed, finely minced
- 12 oz frozen chopped spinach (about 2 cups)
- 6 oz tomato paste
- 16 oz crushed tomatoes
- 1 1/2 cup whole milk ricotta cheese
- 1/2 cup grated Parmesan cheese
- 1 large egg
- 1/2 teaspoon salt
- 1/4 teaspoon crushed pepper
- 1 1/2 cups shredded melting cheese, such as pepperjack or muenster

Fill a large pot with water, cover, and set over high heat. When the water is boiling, add the lasagna sheets and cook until al dente, about 8 minutes. When the lasagna sheets are done cooking, drain and set aside. Preheat the oven to 350°F.

While the lasagna sheets are cooking, heat the olive oil over medium heat in a large saucepan until shimmering. Add the onions, bell peppers and 1 cup of spinach and stir to mix, cooking until the onions have started to cook through and soften, about 3 minutes. Add the tomato paste and stir to combine, then add the crushed tomatoes. Turn the heat to low and let the sauce cook and thicken while you prepare the rest of the lasagna, about 10 minutes. Stir the sauce often to keep from burning on the

bottom of the pan.

While the sauce is cooking, combine the ricotta cheese, Parmesan cheese, egg, and salt and pepper in a large bowl and whisk until the ricotta is smooth. Fold in the spinach.

Lay the lasagna sheets out side by side on a clean counter or sheet pan. Remove the sauce from the stove top and add 1/2 cup of sauce to the bottom of a 7"x7" or 7"x5" ovenproof baking dish, spreading evenly. Spread 1-2 tablespoons of ricotta mixture onto each lasagna sheet and roll from bottom to top. As each sheet is rolled around the ricotta mixture, place it upright in the baking dish on top of the sauce. The curls of each roll should be facing upwards. Add the rolls, side by side and one at a time, until all the sheets have been stuffed and rolled.

Pour the remaining tomato sauce on top of the rolls, using a spoon to gently push some sauce down into each roll. Top the dish evenly with the shredded cheese.

Bake the lasagna rolls for 10-12 minutes, or until the cheese has melted and it is starting to bubble. Remove from the oven and serve hot.

Notes:

If you are planning on freezing this dish before you eat it, store the shredded cheese in the freezer separately. It will melt best if it is not melted on the lasagna rolls beforehand.

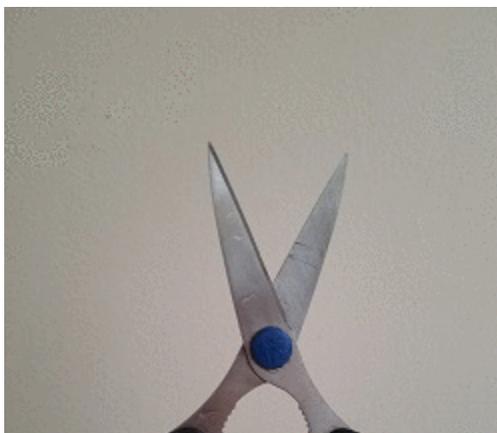
If you wish, you can add 1 pound ground beef to the tomato sauce after the crushed tomatoes, and heat until the meat has cooked through.

Kitchen Hack

"How do I..." cut down on dish washing?

This is one of my fave kitchen hacks, and one that I utilize often, especially during those times when I'm preparing a plate for my toddler while also balancing the baby on one hip.

Use your kitchen shears! Not only can you then cut one handed, but you won't need to use a cutting board or worry about knife marks on your countertop. Trust, this will make your life way easier.





Hot and Fresh In The Percolate Kitchen

I love this [Asparagus and Whipped Ricotta Tart](#). Fresh asparagus just screams to me, "Springtime is here!" and even though I'm still wearing gloves when we go outside, I'm buoyed by the thought that warm weather is just around the corner. This simple tart would be a great addition on your Easter table as well! [Click here to see and print the recipe.](#)

This Week's Links

[Her Memory Fading, Paula Wolfert Fights Back With Food](#)

Paula Wolfert, a cookbook author who is responsible for bringing many different types of ethnic food to the United States, is losing her memory - but using food to reclaim what she can.

[Should You Wash Your Chicken or Not?](#)

That depends how you determine "wash", says Harold McGee for Lucky Peach.

[41 Terms From The Great British Baking Show, Explained](#)

Ugh, I love this show so much. But the British have some words for things that aren't used outside of England (hi, "baps") so here's a primer for anyone who's watched and been like, "wait, wtf is a traycake?"

[Spaghetti Donuts? Maybe Just Stick To Spaghetti](#)

Yeah, I plan to, thanks.

New Feature: "What's In Your Fridge?"

I'll admit it: I'm nosey, and I love peeking into other people's carts at the grocery store and imagining how they plan on using their items. In the spirit of finding other people's stuff interesting, I thought I would start a new feature that showcases the fridges of Percolate newsletter readers! You can share your favorite weird ingredient, a beloved recipe, or just brag about how clean your fridge is. Whatever you do. I'd

love to see it, and share it with the class. To sign up, [click this link and leave your info!](#)

That's it for this issue, buds! If you have any questions about a recipe, kitchen hack, meal planning issue, or anything else related to getting your kitchen mojo moving, then please! Drop me a line, anytime. You can hit reply to this email or just email me straight at ruthy@omeletta.com

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