

Caprese Lasagna Roll Ups

Servings : 8

Amount	Measure	Ingredient - Preparation Method
8		lasagna noodle
14	ounces	mozzarella cheese - shredded
3/4	cup	ricotta cheese
1	large	egg white
1/3	cup	parmesan cheese - shredded
		freshly ground black pepper
4	medium	roma tomato - 1/6" slices
1/4	cup	fresh basil - chopped
1	cup	marinara sauce (below)
2	tablespoons	extra virgin olive oil
1/4	cup	yellow onion - finely chopped
2	cloves	garbanzo beans - minced
28	ounces	crushed tomatoes
		salt and pepper

Preheat oven to 350. Cook lasagna until al dente. Lay out on parchment or wax paper.

Whisk together ricotta cheese and egg white. Stir in parmesan cheese. Mix in 12 oz of mozzarella and season with black pepper.

Place 1/4 cup of cheese mixture over each noodle. Place 4 tomato slices on each noodle and sprinkle with basil. Roll up tightly. Place 1/4 cup sauce in baking sheet. Put roll ups seam side down in sheet. Top each with 2 tbsp sauce and sprinkle remaining mozzarella on top. Bake in oven for 30 minutes.

For sauce: Heat olive oil over medium heat. Heat onions for 2 minutes and then garlic for 1 minute. Pour in tomatoes and salt and pepper. Bring to a boil then simmer for 25-30 minutes.