Vegetable Lasagna Roll-ups

After seeing the movie “Forks Over Knives” last year and attending a dinner sponsored by the Tucson group Healthy You Network [http://healthyyounetwork.org/], my husband and I decided to make a move towards more of a plant-based diet. We began what I call the “beans and greens” project at home and are still going strong after five months. It helps that we have a backyard garden and rent a plot in our neighborhood Community Garden of Tucson [http://www.communitygardenoftucson.org/main/]. Plenty of fresh and interesting vegetables to get creative with! I developed this recipe because the harvest of zucchini and butternut squash has been great this summer. For convenience use canned, drained lentils (preferably salt-free) and pre-cooked butternut squash chunks.

**Ingredients (Serves 4 – 1 1/2 “lasagna rolls” per person)**

- 6 lasagna noodles, cooked according to package directions
- 1 cup cooked, mashed butternut squash
- 1 1/2 cups cooked lentils
- 1 T. olive oil
- 1 small zucchini, diced
- 1/2 medium onion, diced
- 3 cloves garlic, minced
- 1/4 cup chopped fresh basil
- 25-26 oz. bottled marinara sauce
- Fresh ground pepper, nutmeg

Cook lasagna noodles, drain and place in a pan with water to keep them from sticking. In a 9” x 9” pan pour about 1/3 of the marinara sauce to cover the bottom about 1/2”. Heat olive oil in a medium sauté pan. Cook onion, garlic, and zucchini just until slightly tender and fragrant. Add lentils and season with fresh ground pepper to taste. Take a lasagna noodle, dry it and spread 1/6th of the mashed butternut squash the length of it, sprinkle with fresh ground nutmeg. Take 1/6th of the lentil/vegetable mixture and spread the length of the noodle; sprinkle with 1/6th of the basil. Roll the noodle up with the vegetable mixture inside and place rolled noodle, flat side down in the pan with the marinara sauce. Repeat for the remaining five noodles. Top with the remainder of the marinara sauce and sprinkle with the mozzarella cheese. Cover with foil and bake at 350° for 30 minutes. Uncover and bake an additional 10 minutes until heated through. Serve with whole
grain “French loaf” dipped in walnut oil and a spinach salad topped with red onion, chopped pecans, chopped dried cherries, chia seed and dressed with balsamic vinaigrette.

**Nutritional Analysis for Recipe (4 servings)**
Calories: 509  
Protein: 21 grams  
Carbohydrate: 78 grams  
Fiber: 13 grams  
Fat: 14 grams  
Saturated fat: 4 grams  
Calcium: 200 mg  
Sodium – varies with bottle sauce  
Excellent source of folic acid

[Click here to read archived recipes](#)