

If you ever go out to dinner with me and you happen to let me choose the place, I will almost always choose Italian. Italian food is my favorite food in the whole entire world. Really, with pizza and pasta how could you possibly ever go wrong?

One of my most craved Italian foods is lasagne. However, it is one of those meals that you can't really cut in half to make for a small family. Every time I make this delicious meal, we end up throwing half of the meal away after a week of leftovers.

So, as I was once again craving this spectacular mix of pasta, sauce and cheeses, something dawned on me. There are pizza rolls, why not make lasagne rolls?

I once saw a recipe for a Mexican Southwest Roll and it did not sound too appetizing to me, so I thought I would make a recipe of my own! I dug out all of my ingredients and away I went.

I had a small get together planned with a couple of my friends for dinner that night. It was the perfect time to try my new recipe out! This is what I came up with. It is so easy and really does not take a whole lot of time. Little single serving lasagne rolls. YUM!

Add a colorful vegetable such as green beans, or corn on the side as well. Sit down and enjoy your masterpiece.

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Lasagne Roll Ups

1 cup fat free cottage cheese

1 1/4 cup shredded Italian cheese

1/2 cup low fat ricotta cheese

9 lasagne noodles

1 lb. hamburger, browned

1 large jar spaghetti sauce

Cook and drain noodles. Preheat oven to 350 degrees. Lightly grease an 8x8 baking pan. In a small bowl mix together cottage cheese, 3/4 cup Italian cheese and ricotta cheese. Lay one noodle flat and spread a small amount of cheese mixture across the noodle. Roll up noodle and place in pan. Repeat with all 9 noodles. Mix together hamburger and spaghetti sauce and pour over noodles in baking pan. Sprinkle with remaining cheese. Bake for 30 minutes, let stand 5 minutes and serve.

After my creative endeavor of making Lasagne Roll-Ups, I decided to dig out the old recipe box in search of some of my all time favorite Italian cuisines. I will be sharing these with you in the near future.

If you really think about it, there is such a wide variety of foods you can make with a few simple ingredients—even if you don't exactly possess any skill in the kitchen. If you can read a recipe you can generally make a valid attempt at cooking just about anything.

