

Lasagna Rolls

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-rachel-rays-swiss-chard-lasagna>

Ingredients:

- 9 lasagna noodles
- 1 tablespoon olive oil
- 1/4 cup chopped onion
- 1 clove garlic minced
- 1 bunch chard spinach, or kale, chopped
- 1 cup ricotta cheese
- 2/3 cup shredded mozzarella cheese
- 1 egg
- salt
- pepper
- 1 1/4 cups pasta sauce

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 100 milligrams
4. Fat: 19 grams
5. Fiber: 5 grams
6. Protein: 16 grams
7. SaturatedFat: 9 grams
8. Sodium: 890 milligrams
9. Sugar: 9 grams

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