



Spinach and Mushroom Lasagna Roll-ups with Gorgonzola Béchamel *(adapted from Rachel Ray via Foodnetwork.com)*

8 Lasagna noodles

16 medium mushrooms, finely chopped

1/2 large yellow onion, finely chopped

2 cloves garlic, minced

2 tablespoons olive oil

Salt and coarse ground black pepper to taste

1/4 teaspoon freshly grated nutmeg (or more to taste)

1/2 teaspoon red pepper flakes (optional)

1 - 10 ounce package frozen chopped spinach, defrosted and squeezed dry

1 - 16 ounce container ricotta cheese

Cook lasagna noodles to al dente as per package directions. When cooked, immediately plunge into ice water to stop cooking process. Drain and blot dry with paper towels. Set aside.

Spray a casserole dish with cooking spray and set aside. For filling, heat a large sauté pan over medium high heat. Add olive oil and when shimmering add mushrooms, onion and garlic.

Season with salt and pepper. Sauté until mushrooms have released all their liquid and begin to brown. Add nutmeg and cook for 30 seconds, stirring constantly. Remove from heat and move

to a medium sized bowl. Cool to room temperature. Stir in spinach (should be almost dry),

along with ricotta cheese. Mix well to combine. To fill, lay lasagna noodles out flat and spread each with approximately a half cup of filling, spreading to within a quarter inch of each end.

Roll noodles up and arrange in prepared casserole dish. Refrigerate until needed.

Sauce:

1/4 cup unsalted butter

3 tablespoons all-purpose flour

2 cups milk (I used whole milk)

2 ounces gorgonzola, crumbled

Coarse ground black pepper

Melt butter in a small saucepan over medium heat. When melted stir in flour and cook, stirring constantly for 2 to 3 minutes. Slowly whisk in milk. Cook sauce, whisking constantly until sauce is thickened and almost comes to a boil. Remove from heat and whisk in gorgonzola. Stir until cheese has melted. Taste for seasoning and add pepper as required.

1-1/2 cups shredded mozzarella cheese

Preheat oven to 350. Pour sauce over lasagna roll ups and top with shredded cheese. Bake for 25 minutes or until roll ups are hot and sauce is bubbling. Serves 4.