Dinner, Mediterranean

Crab and Kale Lasagna Rolls with Pumpkin Sauce

Lasagna noodles are rolled around a savory filling of crab, kale and ricotta, then baked in a silky pumpkin Parmesan sauce with melted mozzarella over the top.

45 min	210	28 g	4 g
time	calories	carbs	sugars

Nut free

Ingredients, 8 servings

- [ ] 2 tsp olive oil (divided)
- [ ] 1/2 med yellow onion (diced)
- [ ] 1 bunch kale (ribs removed and leaves roughly chopped)
- [ ] 5 clove garlic (divided, minced)
- [ ] 4 oz ricotta cheese (low-fat)
- [ ] 4 oz white crab meat (canned, drained)
- [ ] 1/2 cup low fat grated Parmesan cheese (divided)
- [ ] 1 large eggs
- [ ] 1/2 tsp black pepper (for the filling)
- [ ] 1 tbsp tomato paste
- [ ] 7 1/2 oz pumpkin puree (1/2 can)
- [ ] 3/4 cup skim milk
- [ ] 3/4 tsp onion powder
- [ ] 3/4 tsp dried basil
- [ ] 1/2 tsp garlic powder
- [ ] 1/4 tsp dried parsley (flakes)
- [ ] 8 whole lasagna noodles
- [ ] 1/2 cup mozzarella cheese (shredded)
- [ ] 1 small bunch Italian parsley (minced)

Nutrition Facts

Per serving

Calories	210
Total fat	5 g
Saturated fat	2 g
Sodium	280 mg
Total carbs	28 g
Fiber	2 g
Total sugars	4 g
Protein	14 g

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Method

- [ ] **1** Heat the oven to 350 degrees F.
- [ ] **2** Boil the lasagna noodles as the package directs, leaving out the salt, then drain and set them aside.
- [ ] **3** Warm a large saucepan over medium heat with 1 tsp of the olive oil. Add the diced yellow onion, the chopped kale and 3 cloves of the minced garlic. Cook, stirring now and then, for 5 to 6 minutes until softened, then scrape everything into a large bowl.
- [ ] **4** Mix the ricotta cheese, white crab meat, 1/4 cup of the Parmesan cheese, the egg and 1/4 tsp of the black pepper into the bowl until combined, then set aside.
- [ ] **5** Set the same pan back over medium heat with the remaining 1 tsp olive oil and the last 2 cloves of minced garlic. Cook for 1 minute, then stir in the tomato paste and cook 1 minute more, stirring often.
- [ ] **6** Pour in the pumpkin puree and skim milk, then add the onion powder, dried basil, garlic powder, dried parsley flakes and 1/8 tsp black pepper. Stir, let it simmer for a few minutes, then mix in the remaining 1/4 cup Parmesan cheese and take the pan off the heat.
- [ ] **7** Spoon half a cup of the sauce into the bottom of a large baking dish. Spread 1/4 cup of the filling along each lasagna noodle, roll it up and place it seam side down in the dish.

- [ ] **8** Pour the rest of the sauce over the rolls and scatter the mozzarella cheese on top. Bake for 30 minutes, until the cheese is melted and bubbling, then finish with the minced Italian parsley.