Spinach and Chicken Lasagna Rolls

9 lasagna noodles, cooked
10 oz frozen chopped spinach, thawed and drained
2 cups shredded, cooked chicken
15 oz fat free ricotta cheese
1/2 cup grated Parmesan cheese
1 egg
salt and fresh pepper
32 oz spaghetti sauce
9 tbsp part skim mozzarella cheese, shredded

Preheat oven to 350°. In a medium bowl, combine spinach, chicken, ricotta, Parmesan, egg, salt and pepper. Spoon about one cup spaghetti sauce on the bottom of a 9 x 12 baking dish (or use mini baking dishes if you want to freeze or share). Place a piece of wax or parchment paper on the counter and lay out lasagna noodles.
Make sure noodles are dry. Spread 1/3 cup of ricotta mixture evenly over noodle. Carefully roll and place seam side down onto the baking dish. Repeat with remaining lasagna noodles. Spoon sauce over the noodles in the baking dish and top each one with 1 tbsp mozzarella cheese. Put foil over baking dish and bake for 40 minutes, or until cheese melts. Makes nine lasagna rolls. To serve, ladle a little sauce on the plate and top with lasagna roll.

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