



Spinach



CABARRUS
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Lasagna Rolls

Ingredients:

Lasagna noodles
Marinara sauce
Olive oil
Garlic
Spinach
Ricotta cheese
Mozzarella cheese
Cottage cheese
Egg
Oregano
Black pepper
Parmesan cheese

Cooking Directions:

1. Preheat oven to 425 degrees. Add **1 1/4 cup** of marinara sauce to a 13x9" dish. Cook **10** lasagna noodles accordingly to package.
2. In a large skillet, add **1 tbsp.** olive oil. Sauté **2 cloves** of minced garlic. Add **6 cups** of chopped baby spinach and sauté until wilted.
3. In a large mixing bowl, add garlic, spinach, **1 cup** ricotta cheese, **1 cup** mozzarella cheese, **1/2 cup** cottage cheese, **1 egg**, **1 tsp.** oregano, and **1/2 tsp.** black pepper.
4. Line a work surface with parchment paper and arrange lasagna noodles flat. Add **1/4 cup** cheese and spinach mixture to each noodle, covering surface. Start rolling the noodle at the end closest to you and place seam side down in the marinara dish. Spread 1 cup of marinara over top of rolls, topping with **1/4 cup** Parmesan.
5. Cover with aluminum foil and bake for 20 minutes.



White Beans



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Tuscan Bean Soup

Ingredients:

Olive oil
Yellow onion
Carrots
Celery
Zucchini
Squash
Garlic
Red pepper flakes,
Thyme, Rosemary, &
Black Pepper
Vegetable broth
Cannellini beans
Diced tomatoes
Kale

Cooking Directions:

1. Heat **2 tablespoons** olive oil in large pot.
2. Add **1 diced** yellow onion, **2 medium** diced carrots, **2 stalks** of diced celery, **1 diced** zucchini, and **1 diced** squash. Sauté for a few minutes.
3. Add **4 cloves** of minced garlic, **1/4 teaspoon** red pepper flakes, **1/4 teaspoon** dried thyme, **1/2 teaspoon** dried rosemary, and **1 teaspoon** ground black pepper.
4. Stir in **1 quart** vegetable broth, **2 15-ounce cans** of rinsed and drained white beans, and **1 15-ounce can** of low-sodium diced tomatoes with juices. Bring to a boil then turn down to low and add **3 cups** of chopped kale.
5. Simmer for 15 minutes, serve warm.



Black Beans



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Black Bean Burgers

Ingredients:

Olive oil
Black beans
Breadcrumb
Corn
Onion
Egg
Cayenne
pepper

Cooking Directions:

1. Rinse and drain **1 15-ounce** can of black beans and place in a large bowl. Mash to make a chunky mixture.
2. Add **1/2 cup** breadcrumbs, **1/2** finely diced red or yellow onion, **1/2 cup** corn, **1** large egg, and **1/2 teaspoon** cayenne pepper.
3. Add a few tablespoons of olive oil to a large skillet.
4. Form mixture into thin equal patties and cook for 4 minutes on each side until crisp.
5. Remove from skillet and add to bun with desired toppings.

Butternut Squash



Butternut Squash Quinoa Salad

Ingredients:

Butternut squash
Olive oil
Quinoa
Cranberries
Red onion
Lentils
Pumpkin seeds
Balsamic vinegar
Honey
Dijon mustard
Garlic
Black pepper

Cooking Directions:

1. Preheat oven to 400 degrees. Cook **1 cup** dry lentils according to package. Cook **1 cup** dry quinoa according to package.
2. Toss **3 cups** of diced butternut squash with **1 tbsp.** olive oil. Season with black pepper and arrange on baking sheet. Roast for 25 minutes or until tender and lightly browned.
3. Combine cooked quinoa, cooked lentils, cooked butternut squash, **1/3 cup** dried or fresh cranberries, **1/3 cup** chopped red onion, and **3 Tbsp.** pumpkin seeds.
4. Combine **1/2 cup** olive oil, **1/4 cup** balsamic vinegar, **1 tsp.** honey, **1 tsp.** Dijon mustard, and **1 clove** minced garlic for dressing and pour over other ingredients. Serve warm or chilled.