

Pumpkin Spinach and Ricotta Cannelloni

Serves 4

Preparation Time 15 minutes

Cooking Time 30 minutes

Ingredients

Cannelloni filling:

400g pumpkin, cooked and mashed

1 x 250g packet frozen spinach,
thawed and drained well

100g reduced fat ricotta cheese

2 tablespoons finely grated

Parmesan cheese

1 tablespoon fresh thyme



White sauce:

40 g (2 tablespoons) Flora pro-activ spread

2 tablespoons plain flour

1 1/2 cups (375mL) reduced fat milk

To assemble:

4 fresh lasagne sheets, cut in half

1/4 cup grated reduced fat cheese

1 tablespoon pine nuts

Green salad and crusty bread for serving

Method

Cannelloni filling: Combine pumpkin, spinach, ricotta, Parmesan and thyme in a bowl and mix well.

White sauce: Melt Flora pro-activ in a saucepan, add flour and cook for 1 minute, stirring constantly. Gradually stir in the milk and heat until sauce thickens, stirring constantly.

To assemble: Divide filling between the lasagne sheets, roll up to form tubes and place into a lightly greased baking dish. Pour over the sauce, sprinkle with cheese and pine nuts and bake at 200°C for 25-30 minutes until golden brown. Serve with a green salad and crusty bread.

Hint: Microwave the pumpkin, drain well and mash until smooth.