

Lasagna in a Bun

Serve this hearty Italian version of a sloppy joe with a salad and light vinaigrette for a heart-healthy meal.

- 6 (3-ounce) French-style rolls
- 1/2 pound ground round
- 1/2 cup finely chopped onion
- 1 teaspoon dried Italian seasoning
- 1/2 teaspoon salt
- 1 (8-ounce) can no-salt-added tomato sauce
- 1 egg white
- 3/4 cup (3 ounces) shredded part-skim mozzarella cheese, divided
- 1/3 cup part-skim ricotta cheese
- 3 tablespoons grated Parmesan cheese
- 1/2 teaspoon dried Italian seasoning

Cut a thin slice from top of each roll. Hollow out rolls, leaving 1/2-inch-thick shells; set aside. (Reserve breadcrumbs for another use.)

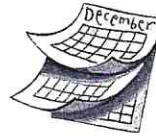
Brown ground round in a nonstick skillet over medium heat, stirring until it crumbles. Drain and pat dry with paper towels. Wipe drippings from skillet with a paper towel. Return beef to skillet.

Add onion and next 3 ingredients; cover and cook over low heat 5 minutes. Uncover; cook 5 minutes, stirring often.

Combine egg white, half of mozzarella, ricotta, Parmesan, and Italian seasoning. Spoon 1/4 cup meat mixture into each roll; top with 2 tablespoons cheese mixture, and sprinkle evenly with remaining mozzarella. Replace roll tops. Place sandwiches in a large baking dish.

Cover and bake at 400° for 20 to 25 minutes or until thoroughly heated.

Yield: 6 sandwiches.



Freeze Ahead

- Freeze the Lasagna in a Bun sandwiches before baking, if desired. Wrap tightly in aluminum foil, and freeze up to one month. Thaw and bake, still in foil packages, at 400° for 20 to 25 minutes or until thoroughly heated.