

## Pumpkin, Spinach & Ricotta Cannelloni

Serves 4

Preparation Time 15 minutes

Cooking Time 30 minutes

### *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



**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.

### Nutrition information

	Per 100g	Per Serve
Energy (kJ)	405	1834
Protein (g)	4.5	20.2
Total Fat (g)	4.0	18.1
Sat. Fat (g)	1.4	6.2
Carbohydrate (g)	10.2	46.4
Total Sugars (g)	2.9	13.3
Dietary Fibre (g)	1.6	7.1
Sodium (mg)	129	585