Spicy Mexican Corn Dip

Servings 6

Ingredients

1 can green chilies diced, 4 oz

1 can fiesta corn drained

1 cup mexican cheese shredded

3/4 cup cottage cheese

3/4 cup greek yogurt plain

Instructions

1. Lightly grease one pie plate or baking dish.
2. Mix together all ingredients and add to your dish.
3. Bake at 350 degrees for 20 minutes.
4. Brown the top of the dip for 2 minutes on the broil setting. Watch the oven, though–it goes from brown to burned quickly!
5. Serve with tortilla chips or veggies.

Garlic Bread



## Ingredient

## 1/2 cup butter, melted

## 3 to 4 garlic cloves, minced

1 loaf (1 pound) French bread, halved lengthwise

2 tablespoons minced fresh parsley

* Directions
* 1. In a small bowl, combine butter and garlic. Brush over cut sides of bread; sprinkle with parsley. Place, cut side up, on a baking sheet.
* 2. Bake at 350° for 8 minutes.

Lasagna Roll Ups

Servings: 12



Ingredients

12 [lasagna noodles](https://amzn.to/2GS3a8d) cooked to package instructions

16 oz ground beef 85% lean

24 oz [marinara sauce](https://natashaskitchen.com/marinara-sauce/)

1/2 cup diced onion

3 garlic cloves minced

1 tsp [sea salt](https://amzn.to/2XxIjOi) or to taste for red sauce

1/2 tsp black pepper or to taste

1/2 tsp [dried oregano](https://amzn.to/2NOagKE)

15 oz ricotta cheese

1 large egg

1/4 cup parmesan cheese shredded

3 cups mozzarella cheese shredded, divided

1/4 cup parsley chopped, plus more to garnish

Instructions

1. Preheat oven to 375f.
2. Cook noodles in a large pot of salted water according to package instructions then drain and fill pot with cold water to stop the cooking process and keep noodles from sticking together.In a deep pan or dutch oven, over medium-high heat, cook ground beef until no longer pink, breaking up with a spatula.
3. Add onion and cook until softened.
4. Add garlic, 1 tsp salt, 1/2 tsp pepper and 1/2 tsp [oregano](https://amzn.to/2NOagKE) and saute another minute. Add marinara, bring to a simmer and turn off the heat.
5. Spread 1/2 cup meat sauce over the bottom of a [casserole dish](https://amzn.to/2rjtDDH). In a large bowl.
6. Stir together ricotta, 1 egg, 1/4 cup parmesan cheese, 1 1/2 cups mozzarella cheese and 1/4 cup parsley.
7. Spread 1/4 cup of cheese mixture over the top of each noodle.
8. Add a heaping Tbsp of meat sauce in a strip down the center of the noodle. Roll noodles up and arrange in the prepared [casserole dish](https://amzn.to/2rjtDDH).
9. Spread remaining meat sauce over the tops of roll-ups and sprinkle on the remaining 1 1/2 cups mozzarella cheese.
10. Cover with foil, making sure foil isn't touching cheese
11. Bake covered at 375 f for 30 minutes. Uncovered for 10 minutes.
12. Garnish with parsley to serve.