



## Yummy Eggplant Lasagna Rolls

**Makes:** 6 Servings

### Ingredients:

- ◆ 6 whole-grain lasagna sheets
- ◆ 1/4 cup olive oil
- ◆ 1 small onion, diced
- ◆ 2 cloves garlic, finely chopped
- ◆ 1/4 cup water
- ◆ 2 small eggplants, peeled and diced
- ◆ 2 carrots (diced)
- ◆ 1 red bell pepper, seeded and diced
- ◆ 18 black olive, pitted and finely chopped
- ◆ 1 tablespoon salt
- ◆ 1 cup shredded low-fat mozzarella cheese
- ◆ 3/4 cup tomato sauce

### Directions:

1. Preheat the oven to 350° F
2. In a large pot of boiling water, cook the lasagna until tender, about 7 minutes. Drain the lasagna and let it cool on a flat surface.
3. While lasagna is boiling, in a large sauté pan over moderate heat, warm the olive oil. Add the onion, garlic, water, eggplants, carrots, bell pepper, olives, cilantro, and salt and cook, stirring occasionally, until the veggies are tender, about 8 minutes.
4. On a work surface, spread about 2 tablespoons of the eggplant filling over each lasagna noodle. Using about half of the total amount, divide the cheese among the lasagna noodles. Starting with the edge closest to you. Roll each lasagna noodle tightly then secure with a toothpick.
5. Place the lasagna rolls in a large baking dish and cover each one with some tomato sauce and the reserved cheese.
6. Bake until the cheese is gold, 15-20 minutes.

Source: [What's Cooking? USDA Mixing Bowl](#)

## Don't Forget Your Omega 3s



**Omega 3 fatty acids, also known as fish oil, have many health benefits and are important in helping your brain function. Consuming a balanced diet rich in Omega 3s can lead to improved overall health. Below is more information on these essential fatty acids.**

**Foods to eat:** Plant based foods that contain lower amounts of omega 3 fatty acids include walnuts, kidney beans, navy beans, and soybeans. Oily fish such as sardines, salmon, herring, tuna, cod, mackerel, halibut, and shark, contain higher amounts of omega 3s.

**Health benefits:** They can reduce inflammation and lower the risk of chronic disease including cancer, arthritis and heart disease. They also help with brain performance and memory.

**How much:** The recommendation for adults and children is consuming fish at least two times a week. Each serving is 3.5 ounces cooked or around 3/4 cup flaked fish.

**Be Aware:** Some types of fish include contaminants like high levels of mercury. Fish such as shark swordfish, king mackerel or tilefish should be avoided by children and pregnant women.

### [Source](#)

This work is/was supported by the U.S. Department of Agriculture (USDA), National Institute of Food and Agriculture, the Expanded Food and Nutrition Education Program (EFNEP). Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the USDA.

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Sabrosos rollos de

### lasaña y berenjena

Rinde: 6 porciones

#### Ingredientes:

- ◆ 6 tiras de lasaña de trigo integral
- ◆ ¼ de taza de aceite de olivo
- ◆ 1 cebolla pequeña, en cuadritos
- ◆ 2 dientes ajo, cortados finamente
- ◆ 2 berenjenas, peladas y en cuadritos
- ◆ 2 zanahorias (en cuadritos)
- ◆ 1 chile morrón rojo, sin semillas y en cuadritos
- ◆ 18 aceitunas negras, sin hueso y finamente picadas
- ◆ 1 cucharadita de sal
- ◆ 1 taza de queso mozzarella bajo en grasa rallado
- ◆ ¾ de taza de salsa de tomate

#### 1. Preparación:

2. Precaliente el horno a 350 grados °F
3. En una olla grande ponga agua a hervir, cueza la lasaña hasta que se ablande, alrededor de 7 minutos. Escúrrala y déjela enfriar sobre una superficie lisa.
4. Mientras que la lasaña hierve, caliente el aceite de olivo en un sartén grande a fuego moderado. Agregue la cebolla, ajo, agua, berenjena, zanahorias, chile morrón, aceitunas, cilantro y sal y cocine revolviendo ocasionalmente, hasta que las verduras se ablanden, alrededor de 8 minutos.
5. Extienda la lasaña y agregue alrededor de dos cucharadas de la mezcla de verduras al principio de cada tira. Divida la mitad del queso y agrégueselo. Enrolle la pasta, empezando por la orilla más cercana a usted, de manera apretada y asegure con un palillo.
6. Coloque los rollos de lasaña en un recipiente para hornear y cubra cada uno con la salsa de tomate y la otra mitad del queso rallado.
7. Hornee hasta que el queso se dore, entre 15 y 20 minutos.

## No olvide sus ácidos grasos Omega 3



Los ácidos grasos Omega 3, también conocidos como aceite de pescado, tienen muchos beneficios para la salud y son importantes para el funcionamiento del cerebro. Consumir una dieta equilibrada y rica en ácidos grasos Omega 3, puede ayudarle a mejorar la salud en general. Abajo encontrará más información sobre estos ácidos grasos esenciales.

**Comidas que debe comer:** entre los alimentos provenientes de plantas que contienen menos cantidades de ácidos grasos Omega 3 (que los pescados) incluyen nueces de castilla y frijoles rojo, blanco y de soya. Los pescados grasos como las sardinas, salmón, arenque, atún, bacalao, caballa, halibut y tiburón, contienen mayores cantidades de Omega 3.

**Beneficios para la salud:** pueden reducir la inflamación y reducir el riesgo de enfermedades crónicas, incluyendo el cáncer, artritis y del corazón. También ayudan en el funcionamiento del cerebro y la memoria.

**¿Qué cantidad hay que comer?:** se recomienda a adultos y niños que consuman pescado por lo menos dos veces a la semana. Cada porción consiste en 3.5 onzas de pescado cocinado o alrededor de ¾ de taza de pescado desmoronado.

**Tenga en cuenta:** algunos pescados incluyen contaminantes como altos niveles de mercurio. Los niños y embarazadas deben evitar pescados como el tiburón o espada, caballa grande o pez blanquillo.

#### Fuente

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