

SPINACH CANNELLONI WITH PARMESAN SAUCE

Cannelloni aux Épinards et Sauce Parmesan

Source: The Gilded Table – January Edition

Prep Time: 30 minutes

Cook Time: 40 minutes | Yield: 4-6 servings



Recipe Description

This baked cannelloni is a timeless winter dish — tender pasta filled with creamy spinach and baked beneath a delicate Parmesan sauce. Elegant yet deeply comforting, it's perfect for quiet January dinners and easily adapted with added meat for heartier tables.

Ingredients

Filling

- 10 oz frozen spinach, thawed and well-drained
- 10–12 cannelloni tubes or cooked lasagna sheets
- 1½ cups ricotta cheese
- ½ cup grated Parmesan cheese
- Salt, black pepper, and a pinch of nutmeg

Parmesan Sauce

- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 2½ cups milk
- ½ cup grated Parmesan cheese
- Salt and white pepper

Assembly

- 10–12 cannelloni tubes or cooked lasagna sheets

Optional Addition

- ½–¾ lb browned Italian sausage or finely chopped cooked chicken

Instructions

1. Prepare the filling

Mix spinach, ricotta, Parmesan, seasoning, and optional meat if using.

2. Make the sauce

Melt butter, whisk in flour, then gradually add milk. Cook until thickened.

Stir in Parmesan and season.

3. Assemble

Fill cannelloni and arrange in a buttered baking dish. Pour sauce over top.

4. Bake

Cover and bake at 350°F (175°C) for 30 minutes. Uncover and bake 10 more minutes until lightly golden.

Notes

- Meat is optional and easily omitted
- Can be assembled ahead and baked later
- Serve with a simple green salad