

## 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

#### Optional Addition

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

#### 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

## 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