



Mini Lasagna

16 oz ground beef (90% lean)
1 can Hunts Garlic and Onion Spaghetti Sauce (or equivalent)
1 tsp dried oregano, divided
½ tsp dried basil
2 cups part skim ricotta cheese (or cottage cheese)
24 small square wonton wrappers
2 cups shredded part skim mozzarella cheese

Preheat oven to 375 degrees F. Brown ground beef in a large skillet over medium heat until cooked through. Add spaghetti sauce and bring to a gentle boil. Reduce low heat and simmer for 10 minutes.

In a large bowl, stir together the ricotta, oregano, and basil. Spray a 12-cup muffin tin with nonstick cooking spray and place a wonton wrapper into each of the 12 cups, pressing firmly in the bottom of the cup and up the sides.

Divide half of the ricotta mixture among the 12 muffin cups. Layer next with ½ of the meat mixture and then top each cup with 2 tsp of mozzarella.

Gently press another wonton wrapper on top of the mozzarella layer. Top with remaining ricotta, followed by remaining meat sauce and then mozzarella. Place in preheated oven and bake for 10 minutes. Let cool. Makes 12 servings.

Nutrition information per serving: 258 calories, 21 grams protein, 12 grams fat, 16 grams carbohydrate, 535 mg sodium



America's Leader in Bariatric Surgery

www.barixclinics.com | www.barixclinicsstore.com | 800-282-0066