



Grab-and-go Lasagna Cups



Makes 12 servings

Ingredients

- nonstick cooking spray
- 1 pound lean (93%) ground beef
- 1 ½ cups spaghetti sauce
- ¾ cup part-skim ricotta cheese
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- 24 (3 ½-inch) wonton wrappers
- 1 ½ cups shredded mozzarella cheese

Directions

1. Preheat oven to 375 F. Spray a 12-cup muffin tin with nonstick cooking spray. Set aside.
2. In a medium skillet, cook ground beef over medium-high heat, breaking it up with a spoon while it browns. Cook for about 5 to 8 minutes or until it is no longer pink. Add spaghetti sauce and stir. Remove from heat and set aside.
3. In a small bowl, combine ricotta cheese, garlic powder and onion powder. Stir. Set aside.

(directions continued on back)



KID-FRIENDLY



Directions (continued)

4. Place a wonton wrapper in each muffin cup. Add ½ tablespoon ricotta cheese mixture (made in step 3), 2 tablespoons meat sauce (made in step 2) and 1 tablespoon mozzarella cheese to each. Add one more layer to each cup, starting with a wonton wrapper and ending with the mozzarella cheese.
5. Bake for 12 to 15 minutes. Remove from oven, allow to cool slightly and enjoy!

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Nutrition Facts

Serving Size 1 lasagna cups (107g)
Servings Per Container 12

Amount Per Serving

Calories 180 Calories from Fat 70

% Daily Value*

Total Fat 7g 11%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 40mg 13%

Sodium 370mg 15%

Total Carbohydrate 14g 5%

Dietary Fiber 1g 4%

Sugars 2g

Protein 15g

Vitamin A 8% • Vitamin C 2%

Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat, milk, soy

Carb choices per serving: 1