

Lasagna Cupcakes

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Servings: 6

24 wonton wrappers
6 ounces ground beef
1/4 teaspoon salt
1/4 teaspoon black pepper
1 1/4 cups grated
Parmesan cheese
1 1/2 cups shredded
mozzarella cheese
3/4 cup ricotta cheese
1 cup pasta sauce
fresh basil leaves (for
garnish)
crushed red pepper (for
garnish)

Preparation Time: 15 minutes

Preheat the oven to 375 degrees.

Coat twelve 3-1/2-inch muffin cups with cooking spray. Press one wonton wrapper into each cup.

Heat a large skillet over medium-high heat. Add the beef. Cook, stirring to break up lumps, until browned, 5 to 7 minutes. Sprinkle with salt and black pepper. Drain.

In a bowl, stir together 3/4 cup each of Parmesan, mozzarella and ricotta. Spoon half of the mixture into the muffin cups. Top with half of the beef and half of the pasta sauce. Top the muffin cups with the remaining wonton wrappers, cheese mixture, beef and sauce. Sprinkle with the remaining Parmesan and mozzarella.

Bake until the edges are browned, 18 to 20 minutes.

Let cool in the cups for 5 minutes. Then run a knife around the edges to loosen and remove the cupcakes.

Garnish with basil and red pepper.

Per Serving (excluding unknown items): 308 Calories; 24g Fat (69.2% calories from fat); 21g Protein; 2g Carbohydrate; trace Dietary Fiber; 78mg Cholesterol; 562mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 3 Fat.