

Mini Lasagna Cups

- ☐ 1 cup frozen chopped spinach, defrosted
- ☐ 1 cup part-skim ricotta cheese
- ☐ 1 teaspoon Italian seasoning blend, such as Trader Joe's 21 Seasoning Salute
- ☐ 1/2 teaspoon fine salt
- ☐ 2 cups (8 ounces) shredded part-skim mozzarella cheese, divided
- ☐ Nonstick cooking spray
- ☐ 36 square wonton wrappers
- ☐ 1 cup frozen peas and diced carrots, defrosted
- ☐ 1 1/2 cups store-bought or homemade marinara sauce (see related recipes)
- ☐ Freshly ground black pepper

Step 1

Position a rack in the middle of the oven and preheat to 375 degrees.

Step 2

Wrap the defrosted spinach in a few layers of kitchen or paper towels and squeeze out any excess moisture. Transfer the spinach to a large bowl, then add the ricotta cheese, the Italian seasoning and salt, and mix well to incorporate.

Step 3

Transfer half of the mixture to a separate mixing bowl and stir in 1 cup (4 ounces) of the shredded mozzarella.

Step 4

Use the cooking spray to lightly grease the wells of the muffin pan. (If you are using a nonstick pan, wipe off any excess spray that ends up outside of the wells.) Fit a wonton wrapper into each well with the corners of the wrappers up and over the edges of the well.

Step 5

Evenly divide the spinach-ricotta blend among each wonton wrapper- covered well, then fit in another wonton wrapper on top. Divide the peas and carrots among the cups and top each with 1 heaping teaspoon of the marinara sauce. Fit a third wonton wrapper over the sauce.

Step 6

Evenly divide the spinach-mozzarella mixture over the last layer of wonton wrappers, followed by the remaining marinara sauce (about 1 1/2 tablespoons per well), the remaining shredded mozzarella (about 1 tablespoon per well), and a little black pepper. (At this point, you can cover the entire pan with plastic wrap or foil and refrigerate overnight.)

Step 7

Bake for 12 to 15 minutes, or until the cheese on top is melted, browned and bubbling. Serve hot, or let cool completely before storing.

