

Muffin Tin Vegetable Lasagna



Are you tired of trying to decide what to make for dinner? Do your home-cooked meals for others often go unnoticed? Try a recipe that is easy to make and easy to store for leftovers. Muffin tin recipes are great for meal preparation since they make single-portion sizes and are easy to freeze and defrost when you need a quick meal. Not to mention, everyone (especially children) loves to help make something that can be scooped into a muffin tin. Gather your family members and follow the recipe below:

Mini Vegetable Wonton Lasagnas

Servings: 12 | **preparation & cook time:** 40 minutes

Ingredients:

- A drizzle of olive oil to line muffin tins
- 7g (½ tablespoon) olive oil
- 1 clove garlic, minced
- 1 small zucchini, quartered lengthwise and sliced
- 113g (1 1/2 cup) mushrooms, sliced
- 85g (½ cup) chopped artichoke hearts
- 20g (¼ cup) sliced sun-dried tomatoes
- 80g (⅓ cup) basil pesto
- 370g (1 ½ cup) low-fat ricotta cheese
- Black pepper, to taste (or ¼ teaspoon)
- 24 small square wonton wrappers
- 113g (1 cup) shredded Mozzarella
- Optional: fresh basil, to taste

Instructions:

1. Preheat oven to 375°F (190 °C). Line a 12-cup muffin tin with olive oil.
2. In a large pan over medium heat, sauté olive oil, garlic, zucchini, and mushrooms until softened and just beginning to brown (approximately 7 minutes).
3. Add artichoke hearts to the pan and cook for 2-3 minutes or until liquid evaporates.
4. Combine sun-dried tomatoes and pesto into the pan then remove the pan from heat.
5. In a small bowl mix ricotta and pepper.
6. Place one wonton wrapper to the bottom of each cup in the muffin tin.
7. Layer the lasagnas in the muffin tin cups:
 - a. Divide half of the ricotta mixture into each cup.
 - b. On top of the ricotta place half the vegetable mixture into each cup.
 - c. Lastly, divide half of the shredded cheese into each cup.
8. Place a wonton wrapper in each cup with the corners in the opposite direction of the first wrapper. Press down to level the ingredients in the cup and then repeat the layering process with the other half of the remaining ingredients (ricotta, vegetables, cheese).
9. Bake for 10 minutes, or until cheese melts and the wonton wrappers turn golden brown.
10. Remove from oven and let cool in the tin for 5-10 minutes. Serve with a fresh basil leaf on top.
11. **Tip:** Make this a complete meal by adding a side salad or some oven roasted vegetables.



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Nutrition | Serving: 3 mini lasagnas

Calories: 162kcal

Fat: 8g

Saturated Fat: 3g

Unsaturated Fat: 3g

Carbohydrates: 14g

Fiber: 1g

Sugar: 2g

Protein: 8g

Sodium: 336mg

Adapted from OhMyVeggies.com



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