



Mini Lasagna Meatloaves



1/6th of recipe (2 meatloaves): 208 calories, 8g total fat (4g sat. fat), 613mg sodium, 9g carbs, 1.5g fiber, 4g sugars, 24.5g protein

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Prep: 20 minutes **Cook:** 40 minutes



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Ingredients

5 cups chopped spinach
1 lb. raw extra-lean ground beef (at least 96% lean)
1 cup finely chopped onion
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
2 tbsp. panko breadcrumbs
2 tsp. chopped garlic
1 tsp. Italian seasoning
3/4 tsp. salt
1/4 tsp. black pepper
2/3 cup light/low-fat ricotta cheese
3/4 cup marinara sauce with 70 calories or less per 1/2-cup serving
3/4 cup shredded part-skim mozzarella cheese
Optional topping: chopped fresh basil

Directions

Preheat oven to 375 degrees. Spray a 12-cup muffin pan with nonstick spray.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Cook spinach until wilted, about 2 minutes.

Transfer spinach to a large bowl, and blot away excess moisture. Add beef, onion, egg, breadcrumbs, garlic, Italian seasoning, 1/2 tsp. salt, and pepper. Mix thoroughly. Evenly distribute mixture among the muffin cups, and smooth out the tops.

In a medium bowl, mix ricotta with remaining 1/4 tsp. salt. Form a hole in each meatloaf, and evenly fill with ricotta mixture. Top with marinara.

Bake until firm with lightly browned edges, about 30 minutes.

Sprinkle with mozzarella, and bake until melted, about 5 minutes.

MAKES 6 SERVINGS

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