

Petite Turkey Lasagnas

Printer-Friendly Version

Servings: 12

Ingredients:

1 lb. lean ground turkey (I use 99% fat free)

¼ tsp. salt, divided

¼ tsp. pepper

½ cup chopped onion

15 oz. can tomato sauce

2 garlic cloves, minced

3 tsp. dried oregano, divided

½ tsp. dried basil

1 ½ cups part-skim ricotta cheese

24 small square wonton wrappers

1 ½ cups shredded mozzarella cheese

Directions:

Preheat oven to 375 degrees and coat a 12-cup muffin pan with nonstick cooking spray. Set aside.

Add the turkey, onions, salt and pepper to a large skillet, set over a medium heat, and sauté the ingredients together. Make sure to crumble the turkey as it is cooking. Once the turkey is cooked through, add in the garlic and continue to sauté for 30 seconds or so.

Next, add into the skillet the tomato sauce, and 2 tsp. of the oregano. Stir around until the turkey crumbles are well coated in the sauce. Allow the mixture to come to a gentle boil and then reduce the heat to low and let simmer for 10 minutes. Once ready, remove the skillet from the heat.

While the turkey mixture is simmering, in a medium size bowl, combine the ricotta cheese, 1 tsp. oregano, ½ tsp. basil, and a dash of salt and pepper. Stir the ingredients together until well combined, and then set aside.

To assemble:

Firmly press one wonton wrapper into the bottom of each prepared muffin cup, making sure to press up the sides as well.

Using half of the ricotta cheese mixture, divide it evenly among the muffin cups, making sure to gently press down onto the wonton wrappers. Next, using half of the turkey mixture, place it evenly in the muffin cups on top of the ricotta cheese. Sprinkle with some of the mozzarella cheese.

Gently press another wonton wrapper on top of the mozzarella cheese and repeat the same process as before.

Bake the lasagnas for about 10 minutes, or until the cheese appears melted. Once the cheese has that just melted appearance, turn the broiler on and broil the lasagnas for another 2 minutes or so, to get the cheese to

bubble and turn that nice golden brown. Keep your eye on them during this process so that they don't burn.

Remove the pan from the oven and allow it to cool for about 5-10 minutes. Enjoy!

Helpful Hint: Remove the petite lasagnas from the pan using a spoon.