

Low-Point Lasagna Cupcakes

Ingredients:

- 1/2 pound ground turkey
- 1 cup Ragu spaghetti sauce (any flavor)
- 24 long flat lasagna noodles (I used San Giorgio)
- 3/4 cup 2% milk-fat low-fat cottage cheese
- 3/4 cup reduced-fat Mexican four-cheese blend shredded cheese
- 1/4 tsp. Mrs. Dash onion and herbs seasoning
- 1/4 tsp. garlic powder
- 1/4 tsp. Goya Adobo seasoning
- 1/4 tsp. pepper

(Feel free to use any seasonings you desire)

In a large skillet, brown the ground turkey over medium-high heat. At the same time, boil the lasagna noodles over medium-high heat until tender. After the ground turkey is browned, add ragu, seasonings, and simmer. Drain lasagna noodles and trim, making them about 2 inches wide and 7 inches long. Lay 2 noodles over one cupcake hole cross-wise. Press the middle down gently until both layers are pressed into the bottom of the cupcake pan. Scoop 1 tablespoon of ground turkey mixture into the noodle. Add 1 tablespoon of cottage cheese on top of ground turkey and then 1 tablespoon of shredded cheese. Fold over flaps of one noodle and then fold over the flaps of the second noodle (trim any excess if needed). Repeat until all 12 cupcake holes are filled. Cover with aluminum foil and bake at 350 degrees for 30 minutes. Remove aluminum foil and add a pinch more shredded cheese on top of each lasagna cupcake. Broil for several minutes until cheese starts to brown. Remove from oven and let cool for just a little bit (especially if you plan on eating with your hands).

Total servings = 12

Serving size = 1

Points per serving = 3.5

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)