

Low-Point Individual Spinach and Ricotta Lasagnas

Ingredients:

- 4 uncooked lasagna noodles (I used the no-bake ones that are shorter than the regular longer ones)
- 1 ounce prosciutto
- 1 tsp. olive oil
- 1/2 shallot, chopped
- 4 oz. fresh spinach
- 1 cup part-skim ricotta cheese
- 2 Tbs grated parmesan cheese
- 1 tsp. dried thyme
- 3/4 tsp. dried basil, divided
- 1/4 tsp. kosher salt
- 1/4 tsp. black pepper
- 1/4 cup reduced-fat shredded mozzarella cheese
- Pam cooking spray

Preheat oven to 350 degrees. *Boil lasagna just until it's al dente. Drain and cut each noodle crosswise into 3 pieces, forming 12 little squares. Set aside. In a large skillet, cook prosciutto on medium-high heat until crisp. Remove prosciutto, let cool slightly, crumble, and set aside. Add olive oil to the same skillet and sauté shallots for about a minute. Add fresh spinach and cook until spinach starts to wilt. Add crumbled prosciutto, mix and remove from heat. In a large bowl, combine ricotta cheese, parmesan cheese, thyme, 1/2 tsp. of the basil, salt, and pepper. Add the spinach mixture and combine. Coat 4 ramekin bowls with pam cooking spray. Arrange one pasta square on the bottom of each ramekin. Add a small amount of spinach and ricotta mixture on top of each lasagna square. Repeat by putting another pasta square on top of mixture and then evenly layer the rest of the spinach mixture on top. Finish with placing the last pasta square on top of each ramekin. Combine mozzarella and 1/4 tsp. basil. Sprinkle evenly over all 4 ramekins. Place ramekins on a cookie sheet and cover loosely with aluminum foil. Place in oven and bake for 20 minutes. Let stand 5 to 10 minutes before serving. Enjoy!

*NOTE: Even though I bought the no-bake pasta noodles, I still boiled until they were al dente. This way, you only have to bake lasagnas for 20 minutes as opposed to longer.

Total servings - 4

Serving size - 1

Points per serving - 4

Points plus per serving - 5

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

"Never upset the person who cooks your dinner." - Garfield