

Lasagna Cups – RenataCollective.com

These super easy to make lasagna cups are such a great recipe to prepare, cook and have on hand in your fridge for a quick lunch or dinner. They make a great appetizer too. They are so versatile as you can create your own delicious combinations!

Tomatoes are a superfood. Raw or cooked in a sauce, they are an anti-inflammatory, an antioxidant and support the immune system. They contain lycopene that protects our cells from free radicals and damage, including our skin. Tomatoes are a source of potassium, VitC, VitB and VitE, the latter two support heart health, and lutein and zeaxanthin that support eye health.

Cremini Mushrooms are a good source of riboflavin, niacin, and pantothenic acid (all B Vitamins) and in combination particularly good for heart health, red blood cell health. Supports the digestive system and promotes healthy skin.

Mozzarella cheese is high in calcium, phosphorous and zinc, to support bone and teeth health, is a great source of protein, is lower in saturated fats and contains less sodium than other cheeses. Mozzarella is a probiotic which supports gut and immune health.

Prep Time: 10 minutes / Bake Time: 10-12-15 minutes / Makes: 12 cups

Ingredients – for single wonton cups

- 12 Wonton wrappers – the ~4" x 4" ones are best.
- 1/3 Cup Tomato Sauce
- 1/3 Cup Cremini Mushrooms – chopped
- 1/3 Cup Cottage Cheese or Ricotta Cheese
- ½ Cup Grated Mozzarella Cheese
- Italian Seasoning Mix
- Herbed Seasoned Sea Salt or Plain Sea Salt
- Grinds of Fresh Black Pepper

How It's Made

- Preheat your oven to 350°F.
- Prepare a muffin pan by greasing the muffin cups with a little olive oil. You can use silicon muffin liners instead of greasing the muffin cups.
- Place a wonton sheet in a muffin cup and press it into the muffin cup.
- Add into the cup - a teaspoon of tomato sauce, a teaspoon of mushrooms, a teaspoon of cottage cheese, a sprinkle of Italian seasoning, a pinch of grated mozzarella, and a grind of fresh black pepper.
- Bake for 10-12 minutes until the cheese is melted and the wrappers are baked.
- Remove the pan from the oven and let cool for 5 minutes before serving.

- If you want a double layer lasagna cup, repeat with a second wonton layer, corners away from the 1st wonton corners, press it into and around the first layer, then the tomato sauce, mushrooms, cheeses and seasonings. It will be a full cup and may take longer to bake, so bake for 12 minutes and check for melted cheese and crispy wonton edges.

Enjoy!

Variations:

- Add-ins: grated parmesan cheese, other veggies, cut small: peppers, shredded zucchini (squeezed to remove as much liquid as possible), onions
- Add ½ teaspoon of pesto on top of the tomato sauce.
- Make and use a meat sauce instead of just tomato sauce.
- Use Alfredo Sauce, cooked chicken, chopped spinach and mozzarella for a Florentine version.
- Use seasoned cooked ground beef and cheddar cheese for a 'mac-n-cheese' version.

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