



## Goey Lasagna Dip



1/12th of recipe (about 1/3 cup): 80 calories, 3g total fat (1.5g sat. fat), 224mg sodium, 4g carbs, 1g fiber, 2.5g sugars, 8.5g protein

**Prep:** 15 minutes    **Cook:** 25 minutes

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### Ingredients

8 oz. raw extra-lean ground beef (4% fat or less)  
1 tsp. Italian seasoning  
1 tsp. garlic powder  
1 tsp. onion powder  
1/4 tsp. each salt and black pepper  
1 3/4 cups canned crushed tomatoes  
1 cup light/low fat ricotta cheese  
1/4 cup egg whites (about 2 large) or fat-free liquid egg substitute  
1/2 tsp. chopped garlic  
1/8 tsp. ground nutmeg  
1/2 cup shredded part-skim mozzarella cheese  
2 tbsp. grated Parmesan cheese  
Optional topping: chopped fresh basil  
Serving suggestions: pita chips, cut bell peppers

### Directions

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add beef, and sprinkle with 1/2 tsp. Italian seasoning, 1/4 tsp. garlic powder, 1/4 tsp. onion powder, and 1/8 tsp. each salt and pepper. Cook and crumble for about 5 minutes, until fully cooked.

Remove from heat. Add tomatoes and remaining 1/2 tsp. Italian seasoning, 3/4 tsp. garlic powder, and 3/4 tsp. onion powder. Mix well.

In a medium bowl, combine ricotta cheese, egg whites/substitute, chopped garlic, nutmeg, and remaining 1/8 tsp. each salt and pepper. Mix until smooth and uniform.

Spread ricotta mixture into the baking pan. Evenly top with meat sauce. Sprinkle with mozzarella and Parm.

Bake until hot and bubbly, 18 - 20 minutes.

#### MAKES 12 SERVINGS

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