



## Cheeseburger Lasagna



1/4th of recipe: 353 calories, 9.5g total fat (4.5g sat fat), 679mg sodium, 32.5g carbs, 6g fiber, 10.5g sugars, 33.5g protein

**Blue Plan (Freestyle™) SmartPoints®** value 7\*

**Prep:** 30 minutes    **Cook:** 1 hour

**Cool:** 10 minutes

Tagged: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



### Ingredients

1 1/4 lbs. (2 - 3 medium) zucchini  
1 tsp. garlic powder  
1 tsp. onion powder  
12 oz. raw extra-lean ground beef (96% lean)  
2 cups chopped brown mushrooms  
1/2 cup finely chopped onion  
3 tbsp. yellow mustard  
2 tbsp. light/reduced-fat cream cheese  
One 10-oz. package frozen chopped spinach, thawed and squeezed dry  
1/2 cup light/low-fat ricotta cheese  
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute  
1/8 tsp. each salt and black pepper  
1 cup canned crushed tomatoes  
4 whole-grain/whole-wheat oven-ready lasagna sheets  
1/3 cup shredded reduced-fat cheddar cheese  
Optional toppings: ketchup, chopped hamburger dill pickle chips

### Directions

Preheat oven to 400 degrees. Spray a baking sheet and an 8" X 8" baking pan with nonstick spray.

Slice off and discard zucchini ends. Cut zucchini in half widthwise, and cut each half lengthwise into 1/4-inch-thick strips.

Evenly lay zucchini on the baking sheet, overlapping if needed. Sprinkle with 1/2 tsp. each garlic powder and onion powder. Bake for 10 minutes.

Meanwhile, bring a large skillet to medium-high heat. Add beef, mushrooms, onion, and remaining 1/2 tsp. each garlic powder and onion powder. Cook and crumble until beef is fully cooked and veggies have softened, 5 - 7 minutes.

Remove skillet from heat, and stir in mustard and cream cheese until uniform.

Flip zucchini. Bake until softened, about 10 more minutes.

Meanwhile, in a medium-large bowl, combine spinach, ricotta cheese, egg, salt, and pepper. Mix until uniform.

Remove sheet from oven, and increase temperature to 425 degrees.

Evenly layer ingredients in the baking pan: half of the sliced zucchini, half of the beef mixture, 1/2 cup crushed tomatoes, 2 lasagna sheets, and half of the spinach mixture. Repeat layering with remaining zucchini, beef, and spinach mixture, followed by remaining 2 lasagna sheets, and remaining 1/2 cup crushed tomatoes.

Top with cheddar. Cover pan with foil. Bake for 30 minutes.

Remove foil and bake until lasagna sheets are cooked through and cheese has lightly browned, 8 -

10 minutes.

Let cool for 10 minutes before slicing.

MAKES 4 SERVINGS

**HG FYI:** If you can't find whole-grain/whole-wheat oven-ready lasagna sheets at the supermarket, stock up [online](#). Or use regular oven-ready sheets instead, which have slightly less fiber.

**SmartPoints®** value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.

---

Publish Date: November 19, 2018

Author: Hungry Girl

Copyright © 2020 Hungry Girl. All Rights Reserved.