



## I "Heart" Lasagna



1/4 of recipe: 225 calories, 9g total fat (4.5g sat. fat), 602mg sodium, 13g carbs, 3g fiber, 7g sugars, 23.5g protein

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**Prep:** 20 minutes    **Cook:** 35 minutes

**Cool:** 10 minutes



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### Ingredients

8 oz. raw extra-lean ground beef (at least 95% lean)  
1/2 tsp. Italian seasoning  
3/4 tsp. garlic powder, divided  
1/2 tsp. onion powder, divided  
1/4 tsp. salt  
1/4 tsp. black pepper  
1 cup marinara sauce with 70 calories or less per 1/2-cup serving  
1 cup light/low-fat ricotta cheese  
One 12-oz. bag [Palmini Hearts of Palm Lasagna](#), drained and rinsed  
1/2 cup shredded part-skim mozzarella cheese

### Directions

Preheat oven to 400°F. Spray an 8" X 8" baking pan with nonstick spray.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add beef, Italian seasoning, 1/4 tsp. garlic powder, 1/4 tsp. onion powder, salt, and pepper. Cook and crumble until fully cooked, about 5 minutes. Remove from heat, and stir in marinara sauce.

In a medium bowl, combine ricotta with 1/4 tsp. garlic powder. Mix well.

Thoroughly blot lasagna sheets dry. Top with remaining 1/4 tsp. each garlic powder and onion powder.

Evenly layer the following in the baking pan: 1/3 of the lasagna sheets, half of the seasoned ricotta, and 1/3 of the meat sauce. Repeat layering twice.

Top with mozzarella. Cover with foil, and bake for 20 minutes.

Uncover and bake until cheese has lightly browned, about 10 minutes. Let cool for 10 minutes before slicing.

**MAKES 4 SERVINGS**

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