



No-Noodle Veggie Lasagna in a Mug



Entire recipe: 228 calories, 10g total fat (6g sat. fat), 676mg sodium, 16.5g carbs, 3g fiber, 12g sugars, 19g protein

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Prep: 5 minutes **Cook:** 5 minutes

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Ingredients

1/4 cup + 2 tbsp. light/low-fat ricotta cheese
1 tbsp. chopped fresh basil, or more for topping
1/2 tsp. garlic powder, divided
5 oz. (about 1 small) zucchini, ends removed
1 dash salt
1/4 cup low-fat marinara sauce with 70 calories or less per serving, divided
1/4 cup shredded part-skim mozzarella cheese

Directions

In a small bowl, combine ricotta, basil, and 1/4 tsp. garlic powder. Mix well.

Cut zucchini lengthwise into 1/4-inch slices, and cut each slice in half. Place in a wide microwave-safe mug. Cover and microwave for 1 1/2 minutes, or until soft. Transfer to a plate, and thoroughly blot dry. (This step is crucial! Use paper towels to firmly press out as much moisture as possible from both sides.) Season with salt and remaining 1/4 tsp. garlic powder.

Place 1/3 of the zucchini slices in the mug. Top with 1/3 of the ricotta mixture and 2 tbsp. marinara sauce. Repeat with half of the remaining zucchini, half of the remaining ricotta mixture, and remaining 2 tbsp. marinara sauce. Top with remaining zucchini and ricotta mixture.

Sprinkle with mozzarella. Cover and microwave for 1 1/2 minutes, or until cheese has melted and lasagna is hot.

MAKES 1 SERVING

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