

Baked Ziti

12 oz. ziti
1 container (15 oz.) ricotta cheese
1/4 c. skim milk
1 tablespoon basil
1 tsp. garlic powder
2 1/2 c. part skim mozzarella cheese
4 c. tomato sauce
6 tablespoon parmesan cheese
Salt and ground black pepper
3 c. baby spinach leaves
Dried oregano

Preheat the oven to 375°F. Cook the pasta in a large pot of boiling water according to the package directions. Drain. In a large bowl, combine the ricotta, milk, basil, spinach leaves, garlic powder, 1½ cups of the mozzarella cheese, and 4 tbsp. of the parmesan. Mix well and season to taste with salt and pepper. Add the pasta and toss to mix. Place 2 cups of the tomato sauce in the bottom of a 13" by 9" baking dish. Spread the ziti mixture on top. Add the remaining 2 cups of tomato sauce. Sprinkle with the remaining 1 cup mozzarella cheese and the remaining 2 tablespoons parmesan. Sprinkle with the oregano. Cover with foil, tenting the foil to prevent the cheese from sticking. Bake for 30-40 minutes, or until the cheese is melted and the casserole is bubbling.

Ideas and substitutes: You can add 8 ounces of turkey sausage and crumble into a large no-stick skillet. Cook until lightly browned and stir into the ricotta mixture. Proceed as directed. You can replace the ziti with rigatoni, penne, bow or other pasta shapes. Use whatever low-fat shredded cheeses and tomato sauce you prefer. And feel free to add things like roasted peppers, and herbs.

Serving size is 1 cup. Add an extra meat and fat if you use turkey sausage.

Starch	Fruit	Milk	Veg	Meat	Fat
2	0	1	1	1 1/2	1