



Takes-the-Cake Ziti Bake



1/4th of ziti bake: 286 calories, 7g total fat (4g sat. fat), 455mg sodium, 41g carbs, 5g fiber, 7g sugars, 16.5g protein

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Prep: 10 minutes **Cook:** 40 minutes



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Ingredients

- 5 oz. (about 1 1/2 cups) uncooked high-fiber ziti or penne pasta
- 1 cup thinly sliced onion
- 2 cups chopped brown mushrooms
- 1 tbsp. chopped garlic
- 2 cups spinach leaves
- 3/4 cup light or low-fat ricotta cheese
- 2 tbsp. chopped fresh basil
- 1 1/2 cups canned crushed tomatoes
- 1/2 cup plus 2 tbsp. shredded part-skim mozzarella cheese
- 2 tbsp. reduced-fat Parmesan-style grated topping

Directions

Preheat oven to 375 degrees.

In a large pot, cook pasta al dente according to package directions. Drain and transfer to a large bowl.

Meanwhile, bring an extra-large skillet sprayed with nonstick spray to medium heat. Cook and stir onion until slightly softened, about 3 minutes. Add mushrooms and garlic, and raise temperature to medium high. Cook and stir until mushrooms are soft, about 3 more minutes.

Add spinach to the skillet and cook and stir until it has wilted and excess moisture has evaporated, about 8 minutes. Remove from heat, pat dry, and stir in the ricotta cheese and basil.

Transfer contents of the skillet to the bowl of cooked pasta. Add tomatoes and 1/2 cup mozzarella cheese, and toss to mix.

Spray an 8-inch by 8-inch baking pan with nonstick spray. Evenly place pasta mixture in the pan. Top with Parm-style topping and remaining 2 tbsp. mozzarella cheese.

Bake until entire dish is hot and cheese on top has melted, about 15 minutes. Eat up!

MAKES 4 SERVINGS

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