

Italian Baked Ziti

This simple casserole is similar to lasagna without all of the layering or time intensive preparation! Enjoy during these cold winter days for a quick family meal.

8 oz ziti pasta—tube shaped (about 3 cups dry)
½ lb. extra lean ground beef or ground turkey
3 cups spaghetti sauce
2 cups low fat cottage cheese
2 T. grated Parmesan cheese
¼ cup egg substitute (or 1 egg)
1 tsp. dried parsley
¼ tsp. garlic powder

Preheat oven to 350 degrees. Cook ziti according to package directions, omitting salt and oil. Drain and set aside. Meanwhile, crumble meat in a large skillet sprayed with non-stick cooking spray. Sauté until meat is cooked, stirring frequently. Add spaghetti sauce.

Meanwhile, combine cottage cheese, Parmesan cheese, egg substitute, parsley, and garlic powder and mix thoroughly. Add ziti and mix well. Spread 1 cup of spaghetti sauce mixture in bottom of 9" x 13" pan that has been sprayed with non-stick cooking spray. Spoon ziti and cheese mixture into lasagna pan. Pour remaining sauce over ziti and cheese. Cover with aluminum foil and bake 30 minutes.

***Quick & Healthy Volume II Cookbook