

Baked Ziti

- 1 pound ziti
- 3 cups spaghetti sauce (more if you like)
- 6 ounces shredded Mozzarella cheese
- 1/2 cup grated Parmesan cheese
- 1/2 cup fat-free or low-fat Ricotta cheese
- Non-stick cooking spray



Spray 1-2 quart casserole or baking dish with non-stick cooking spray. Cook ziti according to directions on box. Drain ziti and mix with ½ cup of the spaghetti sauce to just coat the pasta. Add 1/4 cup Parmesan cheese and the Ricotta cheese. Place half of mixture in a casserole dish. Top with half of the Mozzarella cheese. Place remainder of ziti mixture on top. Cover lightly with spaghetti sauce. Sprinkle with the rest of the Parmesan cheese and the remaining Mozzarella cheese. Bake in a 350 degree F oven for 30 minutes until cheese is melted and ingredients heated through. Allow casserole to cool for 15 minutes before cutting. Makes 8 servings.

Nutrition Info: Calories 330, Fat 8 grams.

For more information contact:

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