



Veggie Packed Baked Ziti

Ingredients:

1 box ziti noodles, cooked according to package
1 can tomato sauce
1 TBSP olive oil
1 zucchini, chopped
1 cup butternut squash, chopped
½ onion, chopped

½ red pepper, chopped
1 cup low-fat cottage cheese
1 cup low-fat ricotta cheese
1 ½ cup shredded part-skim mozzarella cheese

Directions:

1. Preheat oven to 375 degrees Fahrenheit
2. In a small pot, heat oil over medium heat; Add in onions, zucchini, butternut squash, and red pepper; Cook until vegetables are soft; Turn off stove and set vegetables aside
3. In a large bowl mix together tomato sauce, cottage cheese and ricotta cheese; Add in ziti noodles and cooked vegetables and mix altogether
4. Place mixed ziti noodles in a non-stick sprayed baking dish
5. Sprinkle with mozzarella cheese
6. Place in oven and bake uncovered for 30 minutes or until cheese is lightly golden and crispy
7. Enjoy!

Cookware needed:

Small pot
Large bowl
Large baking dish

Cost: \$ \$

Ease: 

Health Benefit: This meal provides you with protein, and is filled with good fiber to allow you to feel fuller for longer!

Baked ziti is always a quick, delicious recipe that everyone enjoys. There are ways to make this simple, traditional dish just a bit more nutritious by adding in tons of vegetables!