

BAKED PASTA & SUMMER VEGGIES

-----MAINS-----

INGREDIENTS

4 ounces uncooked pasta (about 1 1/4 cups dry pasta)
1 tablespoon olive oil
1 1/2 cups chopped yellow squash
1 1/2 cups chopped zucchini
1/2 cup chopped onion
2 cups chopped tomato
2 garlic cloves, minced
1 cup (4 ounces) shredded part-skim mozzarella cheese, divided
2 tablespoons chopped fresh basil
2 teaspoons chopped fresh oregano
3/4 teaspoon salt, divided
1/8 teaspoon crushed red pepper
1/4 cup (2 ounces) part-skim ricotta cheese
1 large egg, lightly beaten
Cooking spray

DIRECTIONS

1. Cook pasta according to package directions, omitting salt and fat.
2. Preheat oven to 400°.
3. Heat a large skillet over medium-high heat. Add oil to pan. Add squash, zucchini, and onion; sauté 5 minutes. Add tomato and garlic; sauté 3 minutes. Remove from heat; stir in pasta, 1/2 cup mozzarella, herbs, 1/2 teaspoon salt, and pepper.
4. Combine ricotta, remaining salt, and egg. Stir into pasta mixture. Spoon into an 8-inch square glass or ceramic baking dish coated with cooking spray; sprinkle with remaining 1/2 cup mozzarella. Bake at 400° for 15 minutes or until bubbly and browned.

VARIATIONS & TIPS

- This recipe is traditionally made with ziti noodles, however you can use whatever pasta you have on hand. Go for whole grain pasta if available.
- Use 2 teaspoons dried instead of fresh herbs (ratio is 3:1 fresh to dried herbs).
- Use any type of tomatoes you like: roma, beefsteak, cherry or ones from your garden!
- Substitute canned tomato sauce or canned diced tomatoes instead of fresh tomatoes.
- Substitute other veggies as you have them available: broccoli, peppers, spinach, carrots, mushrooms.
- Substitute the ricotta cheese with equal parts low fat cottage cheese, or Greek yogurt.
- Add leftover cooked chicken, chicken sausage, ground meat or canned cannellini beans for additional protein.

NUTRITION FACTS

301 Calories; 12.1g Fat (5.3g saturated); 16.5g Protein; 32.8g Carbohydrate; 4.1g Fiber; 640mg Sodium
**nutrition facts will change as variations and substitutions are included.*

YIELD: 4 servings

TOTAL COST: \$5.41

COST PER SERVING: \$1.35

SOURCE: Adapted from Cooking Light

