



Baked Ziti Casserole

READY IN



45 min.

SERVINGS



4

CALORIES



335 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 ounce asiago cheese shredded divided
- ☐ 6 ounces ground turkey breast
- ☐ 2 cups basic marinara
- ☐ 4 ounces part-skim mozzarella cheese shredded divided
- ☐ 0.1 teaspoon pepper sauce hot (such as Tabasco)
- ☐ 0.1 teaspoon salt
- ☐ 6 ounces ziti tube-shaped uncooked (short pasta)

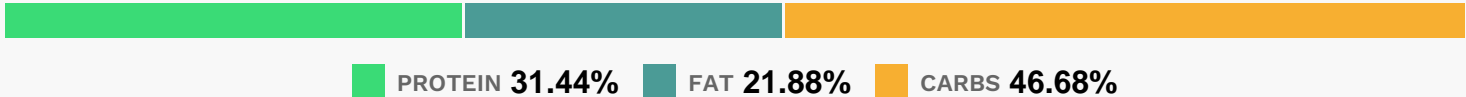
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ Combine pasta, Basic Marinara, 1/2 cup mozzarella, 2 tablespoons Asiago, salt, pepper sauce, and turkey in a large bowl. Spoon into an 8-inch square baking dish coated with cooking spray; sprinkle with remaining 1/2 cup mozzarella and remaining 2 tablespoons Asiago.
- ☐ Bake at 350 for 30 minutes or until cheese is lightly browned.
- ☐ Let stand 5 minutes before serving.
- ☐ Wine note: A simple baked ziti such as this is best with a good solid red wine, preferably made from the Italian grape sangiovese (the main grape in Chianti). Sangiovese possesses a hint of acidity, which helps it pair beautifully with tomato sauces. For a fuller-bodied sangiovese, try one from California such as Eberle Sangiovese 2005 from Paso Robles (\$22). --Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:14.93, Inflammation Score:-6, Nutrition Score:17.390434731608%

Nutrients (% of daily need)

Calories: 334.6kcal (16.73%), Fat: 8.18g (12.59%), Saturated Fat: 4.41g (27.53%), Carbohydrates: 39.27g (13.09%), Net Carbohydrates: 36.07g (13.12%), Sugar: 5.88g (6.53%), Cholesterol: 46.35mg (15.45%), Sodium: 969.89mg (42.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.45g (52.9%), Selenium: 42.69µg (60.98%), Phosphorus: 390.43mg (39.04%), Calcium: 333.02mg (33.3%), Vitamin B3: 6.11mg (30.57%), Vitamin B6: 0.57mg (28.57%), Manganese: 0.53mg (26.4%), Potassium: 614.63mg (17.56%), Zinc: 2.6mg (17.3%), Magnesium: 62.89mg (15.72%), Vitamin B2: 0.26mg (15.25%), Copper: 0.3mg (14.89%), Vitamin A: 732.97IU (14.66%), Fiber: 3.2g (12.79%), Vitamin E: 1.9mg (12.64%), Iron: 2.18mg (12.1%), Vitamin C: 8.67mg (10.51%), Vitamin B5: 0.99mg (9.91%), Vitamin B12: 0.53µg (8.91%), Vitamin B1: 0.1mg (6.8%), Folate: 25.14µg (6.28%), Vitamin K: 4.05µg (3.86%), Vitamin D: 0.29µg

(1.94%)