



Baked Ziti Primavera

READY IN



120 min.

SERVINGS



24

CALORIES



252 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound ready-peeled baby carrots
- ☐ 6 ounce baby spinach leaves
- ☐ 8 ounce button mushrooms diced
- ☐ 28 ounce canned tomatoes diced drained canned
- ☐ 1.5 tablespoons garlic minced
- ☐ 24 servings salt and ground pepper black to taste
- ☐ 8 ounce cheese blend shredded italian
- ☐ 2 tablespoons penzey's southwest seasoning italian
- ☐ 2 tablespoons olive oil

- ☐ 6 ounce portobello mushroom caps diced
- ☐ 15 ounce ricotta cheese
- ☐ 48 ounce spaghetti sauce
- ☐ 32 ounce ziti
- ☐ 3 small zucchini diced

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ roasting pan
- ☐ aluminum foil
- ☐ colander

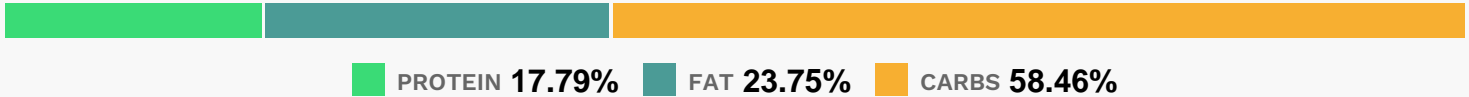
Directions

- ☐ Preheat an oven to 375 degrees F (190 degrees C).
- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the ziti, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes.
- ☐ Drain well in a colander set in the sink. Rinse with cold water to stop the cooking process.
- ☐ Transfer to a large roasting pan.
- ☐ Whisk together 1 jar of spaghetti sauce and the ricotta cheese in a large bowl.
- ☐ Add to the pasta and stir.
- ☐ Place the spinach in the bowl of a food processor; blend until finely chopped; remove and set aside. Then place the carrots in the food processor and process until finely chopped.
- ☐ Heat the olive oil in a large skillet over medium-high heat. Cook the chopped carrots in the hot oil until they begin to soften, about 2 minutes. Stir in the zucchini, portobello mushrooms,

button mushrooms, and garlic; cook and stir until the zucchini is soft, about 4 minutes.

- ☐
- Remove from heat and stir in the chopped spinach, tomatoes, and 2 tablespoons Italian seasoning; drain.
- ☐
- Add to the ziti and mix.
- ☐
- Sprinkle about 1/2 the bag of the Italian cheese blend over the pasta and stir through.
- ☐
- Pour in the 3 remaining jars of spaghetti sauce; stir until the pasta and vegetables are evenly coated. Season with 2 tablespoons Italian seasoning, salt, and pepper; mix. Cover the pan with aluminum foil.
- ☐
- Bake in the preheated oven until completely heated through, 1 to 1 1/2 hours.
- ☐
- Remove the foil and sprinkle the remaining cheese over the dish. Return dish to oven and bake until the cheese melts and begins to brown, about 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:12.42, Glycemic Load:13.35, Inflammation Score:-10, Nutrition Score:16.882608615834%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 252.4kcal (12.62%), Fat: 6.84g (10.53%), Saturated Fat: 2.19g (13.68%), Carbohydrates: 37.89g (12.63%), Net Carbohydrates: 33.95g (12.35%), Sugar: 6.22g (6.91%), Cholesterol: 10.93mg (3.64%), Sodium: 370.38mg (16.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.53g (23.07%), Vitamin A: 3703.49IU (74.07%), Selenium: 29.56µg (42.23%), Vitamin K: 43.68µg (41.6%), Manganese: 0.64mg (31.92%), Copper: 0.33mg (16.52%), Potassium: 555.48mg (15.87%), Fiber: 3.94g (15.76%), Phosphorus: 157.02mg (15.7%), Vitamin C: 12.5mg (15.15%), Vitamin B6: 0.26mg (12.77%), Vitamin B3: 2.53mg (12.67%), Magnesium: 49.52mg (12.38%), Iron: 2.2mg (12.2%), Vitamin B2: 0.2mg (11.5%), Vitamin E: 1.7mg (11.34%), Folate: 45.34µg (11.33%), Calcium: 106.63mg (10.66%), Vitamin B5: 0.81mg (8.09%), Zinc: 1.17mg (7.83%), Vitamin B1: 0.11mg (7.08%), Vitamin B12: 0.07µg (1.13%)