



Baked Ziti with Pesto

READY IN



45 min.

SERVINGS



4

CALORIES



654 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 2 tablespoons cooking oil
- 2 cloves garlic minced
- 0.5 teaspoon fresh-ground pepper black
- 1.5 cups packaged mozzarella cheese grated
- 1 onion chopped
- 0.3 cup parmesan cheese grated
- 0.3 cup pesto homemade store-bought
- 1 cup ricotta cheese

- 0.3 teaspoon salt
- 2 cups tomatoes in purée thick canned crushed
- 0.5 pound ziti

Equipment

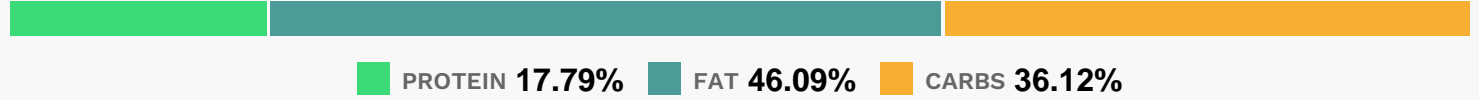
- bowl
- sauce pan
- oven
- pot
- baking pan

Directions

- Heat the oven to 35
- Oil an 8-by-8-inch baking dish.
- In a large pot of boiling, salted water, cook the pasta for 7 minutes. It will be partially cooked.
- Drain. Rinse with cold water and drain again thoroughly.
- In a medium saucepan, heat 1 1/2 tablespoons of the oil over moderately low heat.
- Add the onion and cook, stirring occasionally, until translucent, about 5 minutes.
- Add the garlic and cook, stirring, for 30 seconds.
- Add the tomatoes, salt, and bay leaf. Bring to a simmer over moderate heat and cook until very thick, about 10 minutes. Stir in 1/4 teaspoon of the pepper.
- Remove the bay leaf.
- In a small bowl, combine the ricotta, 1 cup of the mozzarella, about half the Parmesan, the pesto, and the remaining 1/4 teaspoon pepper.
- Put half of the cooked pasta into the prepared baking dish and top with about a third of the tomato sauce.
- Spread the ricotta mixture on the sauce in an even layer. Cover with the remaining pasta and then the remaining sauce. Top with the remaining 1/2 cup mozzarella and the remaining Parmesan.
- Drizzle with the remaining 1/2 tablespoon oil.

- Bake until bubbling, about 30 minutes.
- Let sit 10 minutes before cutting.
- Wine Recommendation: This boldly flavored dish needs a rustic red wine to stand up to it. A Salice Salentino from the south of Italy or a Corbières or Cahors from France will serve well.

Nutrition Facts



Properties

Glycemic Index:55.75, Glycemic Load:20.99, Inflammation Score:-8, Nutrition Score:22.552608604017%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 653.84kcal (32.69%), Fat: 33.74g (51.91%), Saturated Fat: 13.69g (85.55%), Carbohydrates: 59.48g (19.83%), Net Carbohydrates: 54.55g (19.84%), Sugar: 9.12g (10.14%), Cholesterol: 73.29mg (24.43%), Sodium: 916.05mg (39.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.31g (58.61%), Selenium: 55.97µg (79.96%), Calcium: 502.55mg (50.26%), Phosphorus: 456.05mg (45.6%), Manganese: 0.86mg (42.98%), Vitamin A: 1208.13IU (24.16%), Zinc: 3.5mg (23.34%), Vitamin B2: 0.38mg (22.06%), Vitamin B12: 1.28µg (21.35%), Copper: 0.43mg (21.25%), Vitamin E: 3mg (20%), Fiber: 4.93g (19.72%), Magnesium: 75.97mg (18.99%), Potassium: 642.97mg (18.37%), Vitamin B6: 0.36mg (18.19%), Vitamin C: 13.65mg (16.54%), Iron: 2.98mg (16.54%), Vitamin K: 13.8µg (13.14%), Vitamin B3: 2.6mg (13.01%), Vitamin B1: 0.18mg (12.04%), Folate: 42.17µg (10.54%), Vitamin B5: 0.85mg (8.45%), Vitamin D: 0.33µg (2.22%)