



Four Cheese Baked Penne

READY IN



80 min.

SERVINGS



6

CALORIES



480 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce tomato sauce low-sodium canned
- ☐ 15 ounce canned tomatoes low-sodium crushed canned
- ☐ 1.5 cups small-curd cottage cheese low-fat
- ☐ 0.5 teaspoon chili flakes
- ☐ 1 teaspoon rosemary dried
- ☐ 4 cloves garlic finely chopped
- ☐ 2 teaspoons olive oil
- ☐ 1 medium onion chopped
- ☐ 1 teaspoon oregano dried

- ☐ 0.8 ounces parmesan grated
- ☐ 3 tablespoons parsley chopped
- ☐ 1.3 cups part-skim mozzarella cheese shredded divided
- ☐ 1 cup part-skim ricotta cheese
- ☐ 0.3 teaspoon pepper
- ☐ 0.8 teaspoon salt
- ☐ 1 pound penne pasta whole-wheat

Equipment

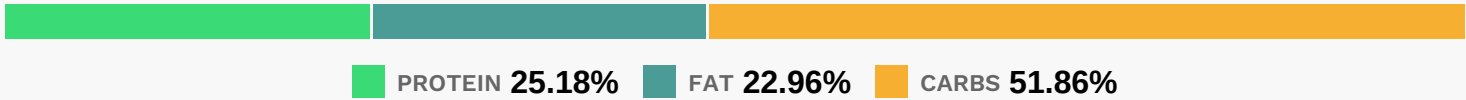
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ glass baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 400 degrees F.
- ☐ Combine the cottage cheese, ricotta cheese, 1/2 cup mozzarella and parsley in a bowl and stir with a fork to incorporate and set aside. Cook pasta until tender but still firm, a minute or 2 less than the package directs.
- ☐ Drain.
- ☐ Heat the oil in the same pot over medium heat.
- ☐ Add the onion and cook stirring occasionally, until translucent, about 5 minutes.
- ☐ Add the garlic and cook for 30 seconds more.
- ☐ Add the tomatoes, tomato sauce, oregano, rosemary, chili flakes, salt and pepper. Bring to a boil, then reduce heat and simmer for 10 minutes until sauce thickens slightly. Return pasta to pot with sauce and turn off heat.
- ☐ Add cottage cheese mixture.

- ☐ Spray a 9 by 13-inch glass baking dish with cooking spray then transfer pasta mixture to pan. Top with remaining 3/4 cup mozzarella and the parmesan.
- ☐ Bake until heated through and cheese is melted, 30 minutes.
- ☐ Excellent source of: Protein, Fiber, Vitamin A, Vitamin C, Vitamin K, Calcium, Iron, Phosphorus, Potassium
- ☐ Good source of: Riboflavin, Vitamin B6, Vitamin B12, Copper, Manganese, Selenium, Zinc

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:2.73, Inflammation Score:-8, Nutrition Score:15.848695749822%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 479.57kcal (23.98%), Fat: 12.1g (18.61%), Saturated Fat: 5.75g (35.91%), Carbohydrates: 61.5g (20.5%), Net Carbohydrates: 53.49g (19.45%), Sugar: 8.85g (9.83%), Cholesterol: 32.42mg (10.81%), Sodium: 1050.73mg (45.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.85g (59.7%), Calcium: 417.95mg (41.8%), Vitamin K: 41.69µg (39.7%), Phosphorus: 327.54mg (32.75%), Fiber: 8g (32.02%), Selenium: 17.23µg (24.61%), Vitamin B2: 0.33mg (19.19%), Vitamin A: 862.93IU (17.26%), Vitamin C: 13.83mg (16.76%), Potassium: 497.7mg (14.22%), Manganese: 0.27mg (13.52%), Vitamin B6: 0.27mg (13.29%), Zinc: 1.88mg (12.52%), Vitamin E: 1.84mg (12.29%), Vitamin B12: 0.71µg (11.83%), Copper: 0.23mg (11.57%), Iron: 2mg (11.09%), Magnesium: 40.46mg (10.12%), Folate: 34.6µg (8.65%), Vitamin B3: 1.48mg (7.38%), Vitamin B1: 0.1mg (6.91%), Vitamin B5: 0.62mg (6.18%)