



Greek Baked Ziti (Pastitsio)

READY IN



115 min.

SERVINGS



10

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 cup breadcrumbs dry
- ☐ 3 large eggs lightly beaten
- ☐ 0.8 cup feta cheese divided crumbled
- ☐ 0.3 cup flour all-purpose
- ☐ 1 large garlic clove minced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 pound ground sirloin
- ☐ 0.5 pound lamb lean

- ☐ 3 cups milk 2% divided reduced-fat
- ☐ 1 tablespoon olive oil
- ☐ 1.8 cups onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon salt divided
- ☐ 43.5 ounce tomatoes unsalted diced undrained canned
- ☐ 10 ounce ziti tube-shaped uncooked (short pasta)

Equipment

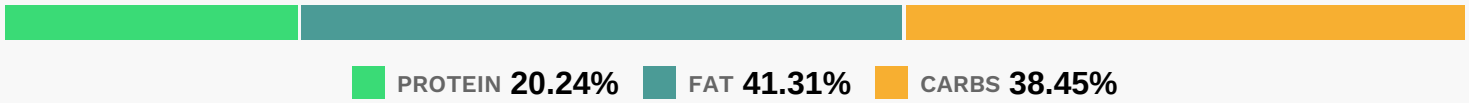
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ wooden spoon
- ☐ spatula

Directions

- ☐ Heat a large skillet over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion; saut 5 minutes or until tender.
- ☐ Add garlic; saut 1 minute.
- ☐ Add lamb and beef; cook 4 minutes or until browned, stirring to crumble.
- ☐ Add tomatoes, oregano, 1/2 teaspoon salt, and cinnamon; bring to a simmer over medium-high heat. Reduce heat to low, and cook 20 minutes, stirring occasionally and mashing with a spatula or flat side of a wooden spoon.
- ☐ Remove from heat; set aside.
- ☐ While sauce cooks, melt butter in medium saucepan over medium heat.
- ☐ Add flour, stirring with a whisk. Cook 1 minute, stirring constantly.

- ☐ Add 1/2 cup milk, stirring with a whisk until smooth. Gradually add remaining 2 1/2 cups milk and remaining 1/2 teaspoon salt, stirring until smooth. Bring to boil over medium-high heat, and cook 1 minute or until slightly thick.
- ☐ Remove from heat. Gradually add hot milk to eggs, stirring constantly with a whisk. Stir in 1/2 cup cheese. Keep warm.
- ☐ Preheat oven to 35
- ☐ Cook pasta in boiling water 9 minutes or until al dente, omitting salt and fat.
- ☐ Drain. Stir 3 cups pasta into tomato sauce; stir remaining 3 cups pasta into white sauce.
- ☐ Spoon tomato-sauced pasta into a 13 x 9-inch glass or ceramic baking dish coated with cooking spray. Top with white-sauced pasta, spreading evenly.
- ☐ Sprinkle with remaining 1/4 cup cheese and breadcrumbs.
- ☐ Bake at 350 for 30 minutes or until bubbly.
- ☐ Let stand 5 minutes; sprinkle with oregano leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:26.1, Glycemic Load:10.96, Inflammation Score:-6, Nutrition Score:15.853913027307%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 386.31kcal (19.32%), Fat: 17.82g (27.41%), Saturated Fat: 8.22g (51.39%), Carbohydrates: 37.31g (12.44%), Net Carbohydrates: 34.34g (12.49%), Sugar: 8.71g (9.68%), Cholesterol: 109.47mg (36.49%), Sodium: 664.94mg (28.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.64g (39.28%), Selenium: 31.65µg (45.21%), Phosphorus: 265.98mg (26.6%), Vitamin B2: 0.45mg (26.47%), Manganese: 0.49mg (24.49%), Calcium: 215.87mg (21.59%), Vitamin B12: 1.21µg (20.09%), Vitamin B6: 0.4mg (20%), Iron: 3.14mg (17.44%), Zinc: 2.57mg (17.12%), Vitamin C: 13.78mg (16.71%), Potassium: 543.17mg (15.52%), Vitamin B3: 3.01mg (15.06%), Vitamin B1: 0.21mg (13.74%), Magnesium: 49.78mg (12.45%), Fiber: 2.97g (11.87%), Copper: 0.23mg (11.29%), Folate: 45.02µg (11.26%),

Vitamin B5: 1.05mg (10.53%), Vitamin E: 1.47mg (9.79%), Vitamin A: 419.23IU (8.38%), Vitamin K: 6.91µg (6.58%),
Vitamin D: 0.37µg (2.45%)