



Make-Ahead High-Protein Baked Ziti



1/4 of recipe: 366 calories, 9g total fat (3g sat. fat), 689mg sodium, 39g carbs, 5g fiber, 7.5g sugars, 33g protein

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Prep: 15 minutes **Cook:** 35 minutes

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Ingredients

6 oz. uncooked [ziti or penne protein pasta](#) with at least 10g protein per 2-oz. serving
8 oz. raw extra-lean ground beef (at least 95% lean)
1/4 tsp. salt
1 cup chopped bell pepper
2 cups chopped spinach
1 1/2 cups canned crushed tomatoes
1 1/2 tsp. garlic powder
1 1/2 tsp. onion powder
1 1/8 tsp. Italian seasoning, divided
3/4 cup low-fat cottage cheese
1/2 cup shredded part-skim mozzarella cheese
2 tbs. grated Parmesan cheese

Directions

Preheat oven to 375°F. Spray an 8" X 8" baking pan with nonstick spray.

Bring a large pot of water to a boil. Cook pasta al dente per package instructions, about 8 minutes.

Meanwhile, bring a large skillet sprayed with nonstick spray to medium-high heat. Add beef and salt. Cook and crumble for 2 minutes. Add bell pepper. Cook and stir until beef is fully cooked and bell pepper has partially softened, 4-6 minutes.

Transfer beef mixture to a large bowl. Add spinach, crushed tomatoes, garlic powder, onion powder, and 1 tsp. Italian seasoning.

Drain pasta, and add it to the bowl. Mix until uniform.

In a small bowl, mix cottage cheese with remaining 1/8 tsp. Italian seasoning.

Transfer half of the pasta mixture to the baking pan, and smooth out the surface. Spread seasoned cottage cheese over the top. Add remaining pasta mixture, and smooth out the surface. Top with mozzarella and Parm.

Bake until entire dish is hot and mozzarella has melted, about 15 minutes.

MAKES 4 SERVINGS

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