

Cheesy Wheaty Baked Ziti

Makes: 6 Servings

Ingredients

4/5 pound ground turkey
1 small onion, chopped
3 cups tomatoes, canned, diced
1/2 teaspoon Basil, crushed
1 teaspoon garlic powder
1 1/2 teaspoons salt-free seasoning
1 1/2 teaspoons Italian seasoning
1 cup Cottage cheese, small curd
1 cup Mozzarella cheese, shredded
1/4 cup parmesan cheese, grated
1 3/4 cups Penne pasta, whole grain



Directions

1. Brown ground turkey. Drain. Add onions and continue cooking. Cook for 5 to 10 minutes.
2. Add tomatoes and seasonings to turkey. Heat to boiling, uncovered. Remove from heat.
3. Prepare pasta according to package directions, omitting salt. Drain.
4. Put the cottage cheese in a small bowl or in food processor. Mash or process until it resembles ricotta cheese. Add the parmesan cheese and 1/2 of the mozzarella cheese. (The remaining half is for topping.)
5. Spray casserole dish with pan release spray.
6. Pour enough meat sauce in each pan to lightly cover bottom of container. Then mix the remainder of the meat sauce with the cooked pasta.
7. Pour half of the meat/pasta mixture in each pan. Spoon cheese mixture on top and spread evenly

over meat/pasta mixture.

8. Then top with the remaining meat/pasta mixture and cover with foil.
9. Bake in preheated conventional oven at 350° for 1 to 1 1/4 hours. CCP: Heat to 165°F or higher for at least 15 seconds.
10. Remove pans from oven and uncover. Top with remaining mozzarella cheese. CCP: Hold for hot service at 135°F or higher.
11. Serve with 8 oz spoodle or scoop.

Notes

Serving Size: 8 ounces