

BAKED ZITI

Serves: 12 | Serving size: 3/4 cup | Prep time: 10 minutes | Cook time: 50 minutes

Every Sunday we gathered for dinner around this bubbling casserole. Mom would often invite our next door neighbors over, as Baked Ziti should be shared with others.

Cooking spray
 2 teaspoons olive oil
 1 medium onion, diced
 2 garlic cloves, peeled and minced
 1 tablespoon Italian seasoning
 5 ounces spicy turkey sausage, diced
 1/4 cup dry red wine
 1 (28-ounce) can whole plum tomatoes with juices
 2 tablespoons fresh minced oregano
 8 ounces whole-wheat ziti
 1/2 cup nonfat ricotta cheese
 1/4 cup grated fresh Pecorino Romano cheese, divided use
 Pinch grated fresh nutmeg
 3 ounces part-skim mozzarella cheese, cubed

1. Preheat the oven to 425°F. Coat a shallow baking dish, preferably a long oval dish that is no more than 2 inches deep, with cooking spray. Set aside.
2. Heat the olive oil in a large skillet over medium heat. Add the onion and sauté for 3 minutes. Add the garlic, Italian seasoning, and sausage and sauté for 3–4 minutes until sausage is browned. Bring a 3-quart pot of lightly salted water to a boil.
3. Add the red wine to the skillet and continue to cook until the wine evaporates. Add the tomatoes to a deep bowl. Crush the tomatoes with your hands and add them to the pan with all their juices. Cook uncovered on medium-low heat for 20 minutes until thickened. Add in the oregano.
4. Meanwhile, add the ziti to the boiling pot of water and cook for about 8–10 minutes or until just al dente. Mix together the ricotta cheese, half the Romano cheese and nutmeg in a large bowl. Add the cooked ziti and mix well. Add the sausage tomato sauce and the mozzarella. Mix gently. Pour into the prepared baking dish and sprinkle with the remaining Romano cheese. Bake, uncovered, for 20 minutes until lightly browned. Serve immediately.

CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	POTASSIUM
140	35	4.0 g	1.5 g	0.0 g	15 mg	440 mg	230 mg
TOTAL CARBOHYDRATE	DIETARY FIBER	SUGARS	PROTEIN	PHOSPHORUS	EXCHANGES/CHOICES:		
20 g	2 g	3 g	9 g	150 mg	1 Starch; 1 Nonstarchy Vegetable; 1 Protein, lean		