

WHAT'S IN SEASON



SIMPLE SUMMER BAKED ZITI

(inspired by "The Real Food Dietitians")

INGREDIENTS:

- 16 ounces whole wheat ziti pasta*
- 1 pound ground turkey sausage
- 2 medium zucchini, chopped
- 24 ounces pasta sauce
- 1 ½ cups shredded mozzarella cheese, divided
- 1 teaspoon dried Italian seasoning
- Fresh basil and Parmesan cheese (optional)

* Gluten Free: Use gluten free pasta instead of whole wheat pasta.

DIRECTIONS:

- Preheat the oven to 350°F. Mist a 9×13-inch baking dish with non-stick cooking spray and set aside.
- To a skillet or saute pan over medium high heat, add ground turkey sausage. Cook until browned, using a spatula to break up the meat. Add chopped zucchini to the pan with the meat. Cook until the meat is no longer pink and the zucchini is tender. If needed, drain excess fat from the pan.
- While the meat is cooking, bring a large pot of salted water to a rolling boil over medium-high heat. Add pasta and cook until al dente. Drain the pasta and pour into the prepared 9×13 pan.
- Add the cooked meat, pasta sauce, 1 cup cheese, and the Italian seasoning to the pan with the pasta. Stir gently until well incorporated. Sprinkle with the remaining 1/2 cup cheese.
- Cover the pan with foil and bake for 15 minutes. Remove foil and bake for another 5-10 minutes, until the cheese on top is melted.
- Serve sprinkled with fresh basil and Parmesan cheese, if desired.



NUTRITIONAL FACTS

8 SERVINGS
Calories: 352
Protein: 24 grams
Carbohydrates: 38 grams
Fat: 12 grams

CALORIE CONSIDERATIONS:

- To INCREASE calories: Use regular pork sausage instead of turkey sausage (+100 calories).
- To DECREASE calories: Use half the pasta (8 oz) and double the amount of zucchini (4 medium) (-100 calories).