

Whole Grain Pasta: Nutritious and Tasty



Baked Whole Wheat Ziti

Serves: 12 | Serving Size: 1 cup

Ingredients:

1 pound whole wheat ziti, uncooked
1 ounce olive oil
3 onions, chopped
3 pounds extra-lean ground turkey breast
9 cups low-sodium pasta sauce
3/4 cup Parmesan cheese
1 teaspoon dried oregano

Directions:

Preheat the oven to 350 degrees Fahrenheit.

Cook ziti for 6 minutes in boiling water. Drain it in a colander and rinse it gently.

Heat the oil in a large non-stick skillet over medium-high heat. Sauté the onion until golden, about 3 minutes. Add the ground turkey and cook until it's no longer pink, about 8 minutes.

Add the sauce to the skillet and bring it to a boil.

Add the cooked noodles to the skillet, stirring to coat the noodles with the sauce mixture.

Place the ziti mixture in a large baking pan, topping it with the cheese and oregano. Bake until the cheese is melted and casserole is heated through, about 20 minutes.

Serve hot.

Nutrition Information:

Serves 12. Each serving contains 420 calories, 4 g fat, 1 g saturated fat, 0 g trans fat, 37 mg cholesterol, 644 mg sodium, 66 g carbohydrate, 4 g dietary fiber, 9 g sugar, and 29 g protein.

Each serving has 9% DV vitamin A, 10% DV vitamin C, 6% DV calcium, and 22% DV iron.

Chef's Tips:

Using a thicker sauce helps make whole grain pasta a lot more enjoyable.

No ziti? Use any short whole grain pasta shape.

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