

# Basic Baked Ziti

[Recipe](#)



## Nutrition Facts:

PER SERVING	
<b>Basic Baked Ziti</b>	
Makes: 12 servings	
Serving Size: 3/4 cup	
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Calories	140
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Fat	4 g
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Saturated Fat	1.5 g
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Trans Fat	0 g
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Carbohydrate	20 g
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Fiber	2 g
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Sugars	3 g
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Cholesterol	15 mg
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Sodium	370 mg
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Potassium	230 mg
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Protein	9 g
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Phosphorus	150 mg
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Choices: Starch 1, Nonstarchy Vegetable 1, Lean Protein 1	

## Preparation Time:

10 minutes

## Cooking Time:

50 minutes

## Servings:

12 servings

## Serving Size:

¾ cup

## Ingredients:

- Nonstick cooking spray
- 2 tsp: olive oil
- 1: medium onion, diced
- 2: garlic cloves, peeled and minced
- 1 tbsp: Italian seasoning
- 5 oz: spicy turkey sausage, diced
- ¼ cup: dry red wine
- 1: 28 oz. can of whole plum tomatoes with juices
- 2 tbsp: fresh minced oregano
- 8 oz: whole wheat ziti
- ½ cup: non-fat ricotta cheese
- ¼ cup: fresh pecorino Romano cheese, grated and divided
- 1 pinch: grated fresh nutmeg
- 3 oz: part-skim mozzarella cheese, cubed

## Directions:

1. Preheat the oven to 425 F. Coat a shallow (preferably no more than 2 inches deep) baking dish with cooking spray and 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 to 4 minutes, until the sausage is browned.
3. Bring a 3-quart pot of lightly salted water to a boil.
4. Add the red wine to the skillet and continue to cook until the red wine evaporates.
5. In a deep bowl crush the tomatoes with your hands and add them, with the juices, to the skillet. Cook uncovered over medium-low heat for 20 minutes, until thickened. Add the oregano.

6. Meanwhile, add the ziti to the boiling pot of water and cook for 8 to 10 minutes, or until just al dente.
7. Mix together the ricotta cheese, half of the pecorino Romano cheese, and the nutmeg in a large bowl. Add the cooked ziti and mix well. Add the sausage-tomato sauce and the mozzarella. Mix gently.
8. Pour the noodle mixture into the prepared baking dish and sprinkle with the remaining pecorino Romano cheese. Bake, uncovered, for 20 minutes, until lightly browned. Serve immediately.