

# Baked Ziti with Spinach



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8 Smart Points 296 Calories

**Total Time:** 45 minutes

## Ingredients:

- 12 oz uncooked ziti (wheat or gluten-free)
- 28 oz crushed tomatoes
- 1 tsp olive oil
- 3 cloves garlic, minced
- 10 oz package frozen spinach, thawed
- 1 tsp oregano
- 2 tbsp chopped fresh basil
- kosher salt and fresh pepper to taste
- 8 oz fat-free ricotta
- 1/4 cup grated Parmesan cheese
- 2 cups (8 oz) shredded part skim mozzarella
- olive oil cooking spray



## Directions:

1. Preheat oven to 375°F. Spray a 9x13-inch baking pan with oil spray.
2. In a large pot of salted water, cook pasta according to instructions until al dente (I like to under-cook it 3 or 4 minutes as it will cook more in the oven). Drain and return to pot.
3. Meanwhile, in a medium saucepan, add olive oil and sauté garlic. Add chopped spinach, salt, pepper and crushed tomatoes. Season with basil, oregano, salt and pepper and cook 5 minutes.
4. Add sauce to the pasta and combine. Add half of the mozzarella, Parmesan cheese and ricotta. Mix well then transfer to the baking pan.
5. Pour the pasta mixture into the prepared pan and spread evenly. Top with the remaining mozzarella and cover with foil.
6. Bake for 30 minutes, or until mozzarella is melted and the edges are lightly browned. Let it cool 5 minutes before serving.

## Nutrition Information

Yield: 8 servings, Serving Size: scant 1 1/3 cups

- **Amount Per Serving:**
- Smart Points: 8
- Points +: 8
- Calories: 296
- Total Fat: 7g    Fiber 5.5g    Sugar 5g    Protein 16g
- Saturated Fat: g
- Cholesterol: mg
- Sodium: 524mg
- Carbohydrates: 44g