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Family Ziti Bake

Ingredients:

- 1 (16-ounce) package ziti or macaroni
- 1 medium onion, chopped
- ½ pound lean ground beef
- 1 (15-ounce) carton 1% cottage cheese
- 1/3 cup Parmesan cheese
- 2 egg whites, slightly beaten
- ¼ cup fresh parsley, chopped
- 1 (32-ounce) jar spaghetti sauce (meatless)
- 1 cup part skim mozzarella cheese, shredded
- vegetable oil spray

Makes 8 servings - 18% calories from fat

Instructions:

1. Cook ziti according to instructions on box. Drain and set aside.
2. Brown beef and onion in a large skillet on stove top.
3. Add next 6 ingredients with ½ spaghetti sauce. Add ziti and toss to coat. Pour into casserole dish prepared with vegetable oil spray.
4. Pour remaining sauce over ziti mixture sprinkle with mozzarella cheese.
5. Bake in 350 F oven until hot and bubbly.
6. Let set for 10 minutes before serving.

Notes:

- Substitute 2 Tablespoons dried parsley for fresh parsley.
- Substitute ricotta cheese for cottage cheese.

Nutrition Facts	
Serving Size 1 1/2 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 410	Calories from Fat 80
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 1060mg	44%
Total Carbohydrate 56g	19%
Dietary Fiber 2g	8%
Sugars 10g	
Protein 27g	
Vitamin A 15%	Vitamin C 15%
Calcium 20%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Revised July 2021

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USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.