



Healthier Baked Ziti

Savannah · 30/09/2024



Prep Time

1 hr 20 mins

Difficult

Medium

Servings

10

Description

This easy and comforting dish is made healthier with turkey sausage lots of great veggies and less cheese than traditional baked ziti

Ingredients

- - 1 pound ziti pasta - 1 bunch fresh spinach
- or more to taste - $\frac{3}{4}$ cup reduced-fat sour cream - 1 pound Italian turkey sausage - 1 onion
- chopped - 2 carrots
- chopped - 3 cloves garlic
- minced - 2 (26 ounce) jars spaghetti sauce - 1 head broccoli
- cut into florets - 6 ounces smoked fresh mozzarella cheese
- diced - $\frac{1}{2}$ cup shredded mozzarella cheese

Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil. Cook ziti in the boiling water
2. stirring occasionally until cooked through but firm to the bite
3. 8 minutes. Drain and transfer pasta to a bowl and toss with spinach and sour cream. Heat a large skillet over medium heat; cook and stir sausage
4. onion
5. carrots
6. and garlic until onion is translucent and sausage is no longer pink
7. about 7 minutes. Add spaghetti sauce and broccoli to sausage mixture and simmer until sauce mixture is heated through
8. about 15 minutes. Layer 1/2 of the ziti mixture into a 9x13-inch baking dish. Spread 1/2 of the fresh mozzarella cheese
9. 1/2 of the sauce mixture
10. the remaining ziti mixture
11. and fresh mozzarella cheese
12. respectively
13. into the baking dish. Sprinkle shredded mozzarella cheese over the dish. Cover dish with aluminum foil. Bake in the preheated oven until cheeses have melted
14. about 20 minutes. Remove the aluminum foil and cook until top is lightly browned
15. about 10 minutes more.