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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

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

18% calories from fat

Source: Cornell Cooperative Extension of Schoharie County. December 2009

Eat Smart New York
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USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.

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