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Baked Ziti and Summer Veggies

Add pops of color to baked ziti with summer veggies like squash, zucchini, and tomato.

Cooking Light JULY 2011

Yield: 4 servings (serving size: about 1 1/2 cups)

Total:40 Minutes

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Ingredients

4 ounces uncooked ziti	2 tablespoons chopped fresh basil
1 tablespoon olive oil	2 teaspoons chopped fresh oregano
2 cups chopped yellow squash	3/4 teaspoon salt, divided
1 cup chopped zucchini	1/8 teaspoon crushed red pepper
1/2 cup chopped onion	1/4 cup (2 ounces) part-skim ricotta cheese
2 cups chopped tomato	1 large egg, lightly beaten
2 garlic cloves, minced	Cooking spray
1 cup (4 ounces) shredded part-skim mozzarella cheese, divided	

Preparation

1. Cook pasta according to package directions, omitting salt and fat; drain.
2. Preheat oven to 400°.
3. Heat a large skillet over medium-high heat. Add oil to pan. Add squash, zucchini, and onion; sauté 5 minutes. Add tomato and garlic; sauté 3 minutes. Remove from heat; stir in pasta, 1/2 cup mozzarella, herbs, 1/2 teaspoon salt, and pepper.
4. Combine ricotta, remaining salt, and egg. Stir into pasta mixture. Spoon into an 8-inch square glass or ceramic baking dish coated with cooking spray; sprinkle with remaining mozzarella. Bake at 400° for 15 minutes or until bubbly and browned.

Nutritional Information

Amount per serving

Calories: 301 Fat: 12.1g Saturated fat: 5.3g Monounsaturated fat: 5g Polyunsaturated fat: 0.9g
Protein: 16.5g Carbohydrate: 32.8g Fiber: 4.1g Cholesterol: 65mg Iron: 1.9mg Sodium: 640mg
Calcium: 291mg

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