



Mexican Baked Ziti



1/6th of recipe (about 1 1/4 cups): 247 calories, 6g total fat (3g sat fat), 519mg sodium, 30g carbs, 4g fiber, 6.5g sugars, 19.5g protein

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 6*

Purple Plan [SmartPoints](#)® value 3*

Prep: 15 minutes **Cook:** 40 minutes



More: [Lunch & Dinner Recipes](#), [Four or More Servings](#)

Ingredients

5 oz. (about 1 1/2 cups) uncooked high-fiber penne pasta
10 oz. raw extra-lean ground beef (4% fat or less)
2 tbsp. taco seasoning mix
1 cup chopped bell pepper
1 cup chopped onion
1/2 cup frozen sweet corn kernels
3/4 cup light/low-fat ricotta cheese
1 cup canned crushed tomatoes
1/4 tsp. salt
1/2 cup shredded reduced-fat Mexican-blend cheese

Directions

Preheat oven to 375 degrees. Spray an 8" X 8" baking pan with nonstick spray.

Cook pasta al dente per package instructions, about 8 minutes. Drain well, and transfer to a large bowl.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add beef, and sprinkle with 1 tbsp. taco seasoning. Cook and crumble until beef is mostly cooked, about 5 minutes. Add bell pepper, onion, and corn. Cook and stir until beef is fully cooked, veggies have partially softened, and corn has thawed, about 4 minutes.

Remove skillet from heat, and stir in ricotta cheese. Transfer mixture to the bowl of pasta. Add crushed tomatoes, salt, 1/4 cup shredded cheese, and remaining 1 tbsp. taco seasoning. Mix until uniform.

Transfer mixture to the baking pan, and smooth out the surface. Top with remaining 1/4 cup shredded cheese.

Bake until entire dish is hot and cheese has melted, about 15 minutes.

MAKES 6 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.