



Takes-the-Cake Ziti Bake



1/4th of ziti bake: 286 calories, 7g total fat (4g sat fat), 455mg sodium, 41g carbs, 5g fiber, 7g sugars, 16.5g protein

Green Plan [SmartPoints](#)® value 7*

Blue Plan (Freestyle™) [SmartPoints](#)® value 7*

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

Prep: 10 minutes **Cook:** 40 minutes



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

Ingredients

5 oz. (about 1 1/2 cups) uncooked high-fiber ziti or penne pasta
1 cup thinly sliced onion
2 cups chopped brown mushrooms
1 tbsp. chopped garlic
2 cups spinach leaves
3/4 cup light or low-fat ricotta cheese
2 tbsp. chopped fresh basil
1 1/2 cups canned crushed tomatoes
1/2 cup plus 2 tbsp. shredded part-skim mozzarella cheese
2 tbsp. reduced-fat Parmesan-style grated topping

Directions

Preheat oven to 375 degrees.

In a large pot, cook pasta al dente according to package directions. Drain and transfer to a large bowl.

Meanwhile, bring an extra-large skillet sprayed with nonstick spray to medium heat. Cook and stir onion until slightly softened, about 3 minutes. Add mushrooms and garlic, and raise temperature to medium high. Cook and stir until mushrooms are soft, about 3 more minutes.

Add spinach to the skillet and cook and stir until it has wilted and excess moisture has evaporated, about 8 minutes. Remove from heat, pat dry, and stir in the ricotta cheese and basil.

Transfer contents of the skillet to the bowl of cooked pasta. Add tomatoes and 1/2 cup mozzarella cheese, and toss to mix.

Spray an 8-inch by 8-inch baking pan with nonstick spray. Evenly place pasta mixture in the pan. Top with Parm-style topping and remaining 2 tbsp. mozzarella cheese.

Bake until entire dish is hot and cheese on top has melted, about 15 minutes. Eat up!

MAKES 4 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.