

Baked Veggie

Ziti

Active Time **45 min**

Ready in **90-120 min**

Serves **12 ppl**

492 calories per serving

Ingredients

- 2 TBSP Olive Oil
- 10 Cloves Garlic
- 1 Yellow Onion
- 12 oz Tomato Paste
- 56 oz Tomatoes, crushed *
- 16 oz Mushrooms
- 1 large Eggplant
- 2 Calabaza Squashes (or Zucchini)
- 16 oz Fat-Free Mozzarella Cheese
- 24 oz Fat-Free Cottage Cheese
- 16 oz Whole Wheat Noodles**
- 3.5 cups Textured Vegetable Protein (TVP)***
- Season to taste with Dried Basil, Oregano, Black Pepper, Chili Flakes, etc (just not salt, please).

Preparation

1. Cube 1 eggplant and 2 calabaza squash and toss with 1 TBSP of Olive Oil. (To remove the bitter flavor from eggplant you can salt after cutting and let drain on a rack or place in warm salted water. Either way make sure to wash off all salt before continuing with the recipe.) Roast veggies in a 350F oven for 30-45 minutes until fully cooked.
2. Dice 1 yellow onion and add to a large pot with 1 TBSP Olive Oil over low-medium heat. Finely chop 16 oz of mushrooms and 10 cloves of garlic (or however much you prefer). Add

mushrooms to the pot and cook until all water released has evaporated. Add garlic and 12 oz of tomato paste. Cook until tomato paste slightly darkens in color and add 56 oz of crushed tomatoes and 2 cups of water (or low sodium vegetable broth). Bring to a low simmer and add 3.5 cups of TVP. Let gently simmer for at least 10 minutes to rehydrate the TVP. If the sauce is not liquid enough, add another ½ to 1 cup of water to reach desired consistency.

3. Cook your pasta as directed minus 2-3 minutes to allow pasta to finish cooking while baking.
4. Mix roasted veggies, pasta, tomato sauce, cottage cheese, and half of your mozzarella cheese in a baking dish and sprinkle with remaining cheese.
5. Bake at 375F for 30-45 min and cheese is nicely browned on top.
6. Split into 12 portions and Enjoy!

Tips

- *See if you can get crushed or diced tomatoes already seasoned with basil or Italian seasoning! Just watch the sodium content! Notice how we are not adding ANY additional salt to this recipe. Most canned tomato products are very high in sodium already.
- **If your budget allows, try chickpea noodles! They are a great gluten free pasta. Switching to chickpea noodles will lower your calories, too!
- ***TVP is a great vegetarian protein source and mimics the texture of ground meat. Some grocery stores carry it, but you can also order it [online](#).
- Not a baked Ziti Fan? Swap out your noodles for lasagna noodles and make Veggie Lasagna!



THE SOCIAL
& HEALTH
RESEARCH CENTER

Budget

\$26.61 Total

\$2.22 Total per Serving

All items are SNAP eligible

Nutrition

2 Protein/ **2** Whole Grain/ **1** Vegetable/ **2** Fruit/ **2** Dairy

Storage

Meal will last in Fridge **3-4 days**, Freezer for 2-3 months

Tomato sauce based on Leanne Brown's Cookbook **Good & Cheap** which can be found Free online [Here](#)

Veg Lasagna/Baked Ziti		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	491.6	
% Daily Value*		
Total Fat	11.5 g	15 %
Saturated Fat	4.5 g	22 %
Trans Fat	0 g	
Cholesterol	22.1 mg	7 %
Sodium	737.2 mg	32 %
Total Carbohydrate	61.3 g	22 %
Dietary Fiber	14.3 g	51 %
Total Sugars	18.1 g	
Added Sugars	0 g	0 %
Protein	36 g	
Vitamin D	0.2 mcg	1 %
Calcium	425.8 mg	33 %
Iron	9.6 mg	53 %
Potassium	1403.4 mg	30 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at cronometer.com </>



THE SOCIAL
& HEALTH
RESEARCH CENTER