

Creamed Pasta Meal-In-One

Recipe By *Brynie Greisman*



Cooking and Prep:  1 h

Serves:  10

Contains:   

Preference: Dairy

Difficulty: Easy

Occasion: Nine Days

Diet: Vegetarian, Pescetarian

Source: Family Table by

Mishpacha Magazine

This dish is an all-in-one casserole — pasta, cream, veggies, and really good flavor. Your family will love the combo of cooked and fresh veggies as well as the delicious taste. Blending the cottage cheese first results in a very creamy texture without all the calories. Feeds a crowd, so there's enough for all of your kids' friends too!

Ingredients (15)

Main ingredients

- 11–12 ounces (310–340 grams) **Tuscanini Penne Pasta** (I used whole wheat)
- 3–4 tablespoons butter
- 4-ounce (110-gram) block of mozzarella cheese, chunked, divided
- handful of grated cheese of your choice, or 2 slices American cheese, rolled up and thinly sliced
- 1 cup **Beleaf Frozen Broccoli Florets**, defrosted in the microwave, chopped
- 8–10 ounces (225–280 grams) frozen spinach, defrosted in the microwave, well drained

- 3 ripe tomatoes, finely diced
 - generous handful fresh basil leaves, chopped, or 2 cubes **Gefen Frozen Basil**
 - 1 8-ounce (250-gram) container cottage cheese, blended smooth
 - 2–3 cloves garlic, crushed or 2-3 cubes **Gefen Frozen Garlic**
 - 1 cup 9% cooking cream or half-and-half
 - 1 tablespoon kosher salt, or to taste
 - pepper, to taste
 - 1–2 pinches nutmeg
 - 2–3 tablespoons olive oil, for drizzling
-

Start Cooking

Prepare the Pasta Dish

1. Preheat oven to 400 degrees Fahrenheit (200 degrees Celsius).
2. Cook pasta according to package directions. Drain, but don't rinse, and return to pot.
3. Add butter, half the mozzarella chunks, and the grated or sliced cheese, and mix together. Cover to keep warm while preparing the next ingredients.
4. Add vegetables, basil, cottage cheese, garlic, cream, salt, pepper, and nutmeg, and stir to combine. Taste and adjust seasoning if desired.
5. Pour into a nine- by 13-inch (20- by 30-centimeter) baking pan lined with Gefen Easy Baking Parchment. Dot the top with remaining mozzarella chunks, and drizzle with olive oil.
6. Bake for 10 minutes uncovered. Cover pan with parchment paper, and reduce oven temperature to 350 degrees Fahrenheit (175 degrees Celsius).
7. Continue baking for approximately 25 minutes, or until top of the pasta is golden and crispy. Let sit a few minutes before serving.

Variation:

You can use fettuccine pasta to replace the penne noodles, if desired.

Credits

Food and Prop Styling by Chavi Feldman

Photography by Hudi Greenberger