

# Baked Ziti on a Diet

Recipe By *Faigy Grossman*



Cooking and Prep:  1 h

Serves:  12

Contains:    

**Preference:** Dairy

**Difficulty:** Easy

**Occasion:** Shavuot,  
Chanukah, Nine Days

**Diet:** Vegetarian, Low Fat

**Source:** Family Table by  
Mishpacha Magazine

**Cuisines:** Italian

Yes, I know what you're thinking: how can the words baked ziti and diet go together?! Well, surprise! For those of you who have had enough of the rich, typical Chanukah fare, yet still want that yummy ziti taste, this one's the answer!

## Ingredients (8)

### Main ingredients

- 12 ounces ziti noodles or **Tuscanini Pasta Pennoni**
- 1 pound fat-free cottage cheese
- 16 ounces canned, whole button mushrooms, drained well
- 20 ounces fat-free marinara sauce or pizza sauce

- 1/2 teaspoon salt
  - 1/2 teaspoon garlic powder
  - 1 egg, beaten
  - 8 ounces shredded mozzarella cheese, divided
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## Start Cooking

### Prepare the Baked Ziti

1. In a large pot, cook ziti according to package directions. Drain and return to pot; do not rinse.
2. Preheat oven to 350 degrees Fahrenheit (180 degrees Celsius).
3. Place cottage cheese in a small bowl and blend with a hand blender until smooth; add to ziti.
4. Add remaining ingredients and half of the shredded cheese. Mix over low heat until well-combined and cheese begins to melt.
5. Spray a 9x13-inch pan with nonstick cooking spray and pour ziti mixture into pan. Smooth surface. Sprinkle with remaining shredded cheese.
6. Cover pan with foil and bake for 40 minutes. Remove foil and continue baking until cheese begins to turn golden, approximately an additional 15 minutes.

### Credits

Photography: Moshe Wulliger.

Food Styling: Renee Muller.