

# Easy Baked Ziti

Yield: 10 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/bolognese-recipe-with-mushrooms-red-wine-italian-sausage>

## Ingredients:

- nonstick cooking spray for baking dish and meat sauce
- 1 pound ziti
- teaspoon salt for pasta water
- 1 pound 85% lean ground beef
- 1/2 teaspoon salt for meat sauce
- 1/4 teaspoon black pepper for meat sauce
- 1 teaspoon garlic powder for meat sauce
- 1 1/2 teaspoons Italian seasoning for meat sauce
- 4 cups marinara sauce 4 cups is about 36 oz.
- 24 ounces low-moisture ricotta cheese
- 1/2 cup grated Parmesan cheese
- 1/2 teaspoon salt for ricotta mixture
- 1/4 teaspoon black pepper for ricotta mixture
- 1/2 teaspoon garlic powder for ricotta mixture
- 1 teaspoon italian seasoning for ricotta mixture
- 12 ounces shredded mozzarella cheese 12 oz. is about 3 cups
- fresh parsley optional, for serving

## Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 95 milligrams
4. Fat: 30 grams
5. Fiber: 5 grams
6. Protein: 32 grams
7. SaturatedFat: 17 grams
8. Sodium: 1310 milligrams
9. Sugar: 12 grams

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