

Microwave Baked Ziti

INGREDIENTS

- 1 cup of penne pasta
- 2.5 cups of water
- 1 cup of pasta sauce or crushed tomatoes, divided
- 3 tablespoons of low-fat, shredded mozzarella cheese
- 1/3 cup of cottage cheese

Note: cottage cheese can be excluded, replace with 1/3 cup pasta sauce

TIME: 15 MINUTES
SERVINGS: 1



Adapted from: justmicrowaveit.com



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PROCEDURE

1. In a large, microwave safe bowl, add water and penne pasta
2. Cook for 6 minutes on HIGH in the microwave
3. Carefully remove and stir the pasta; cook an additional 3 minutes.
4. Drain the pasta.
5. Place pasta back in the bowl
6. Add in 2 tablespoons of mozzarella cheese, 1/2 cup pasta sauce or crushed tomatoes, and cottage cheese; mix together
7. Pour remaining sauce on top
8. Microwave 2-3 minutes
9. Remove from microwave and top with remaining mozzarella cheese

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