



### LEANER TURKEY MOSTACCIOLI

*Also called baked ziti, this pasta dish is similar to a lasagna but spares you the exhausting hours of prep time. This recipe also uniquely features ground turkey instead of ground beef for a leaner meat option without sacrificing flavor or texture!*

**Yield:** 6-8 servings

#### Ingredients

- 4 cups uncooked **penne pasta**
- 1 Tbsp **olive oil**
- ½ lb. **lean ground turkey**
- 1 **small onion**, chopped
- 1, 15 oz. can **tomato pasta sauce** (low sodium preferred)
- 1/4 cup **water**
- 1 tsp **dried oregano**
- ½ teaspoon **salt**
- 1/8 tsp **ground black pepper**
- 2 cup **cottage cheese**
- 1 ½ cup **shredded cheese** (Parmesan, mozzarella, or Italian blend)

#### Instructions

1. Cook penne according to package instructions until al dente, cooked but not overly soft. (Al dente means “firm to the bite” in Italian cooking.) Add oil to a large saucepan and warm over medium heat. Add ground turkey and onion to the saucepan and cook over medium-high heat until the meat is no longer pink.
2. Stir in the tomato sauce, water, oregano, salt, and pepper. Bring to a boil. Reduce heat; cover and simmer for 10 minutes.
3. In a small bowl, combine cottage and shredded cheese, set aside. Drain cooked penne pasta.
4. Coat the bottom of an 11”x7” inch baking dish with meat sauce. Layer with half of the pasta, meat sauce, and cheese. Repeat with the remaining pasta, meat sauce, and cheese. Sprinkle top with additional cheese (Parmesan preferred) to ensure top layer is fully covered in cheese. Next season with black pepper (to taste).
5. Bake, uncovered, at 350°f for 30-40 minutes or until bubbly. Remove from oven, cool for 15 minutes. Serve hot.

**Per Serving:** Calories 300, Carbohydrates 32 g, Protein 21 g, Saturated Fat 3 g, Sodium 603 mg, Fiber 3 g, Sugars 10 g

This recipe is featured in the December 2021 issue of Beyond the Kitchen and was adapted from [salandjudys.com](http://salandjudys.com)

