

# Healthy and Hearty Baked Ziti

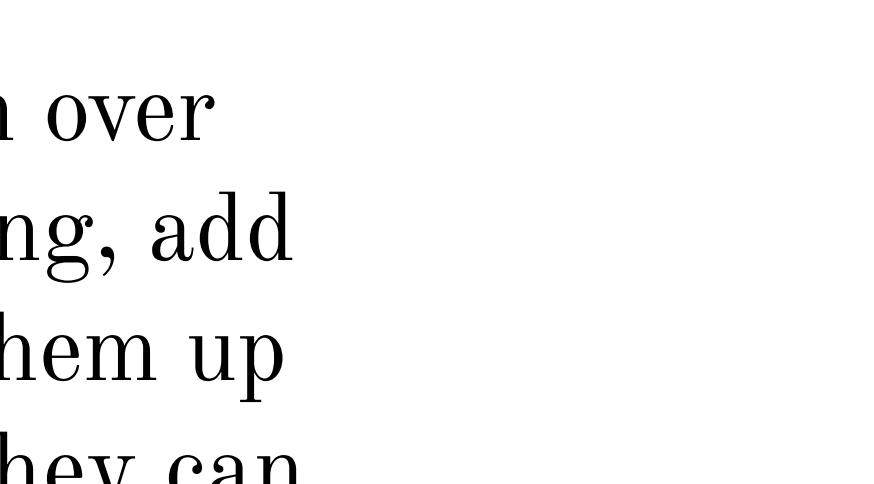
Prep: 20 mins  
Cook: 40-60 mins

Serves: 6-8



## Ingredients:

- 2 tbsp. olive oil
- 1lb. ground chicken or turkey
- ½ large yellow onion, diced
- salt
- 1 large red bell pepper, diced
- 2 cloves garlic
- 2 tbs. tomato paste
- 1 28-ounce can of diced tomatoes, or 3 large tomatoes gently crushed by hand
- 1 large bunch broccoli chopped into bite size pieces
- 8 ounces whole grain spaghetti, penne, or pasta of your choice.
- 8 ounces ricotta cheese
- 8 ounces shredded mozzarella



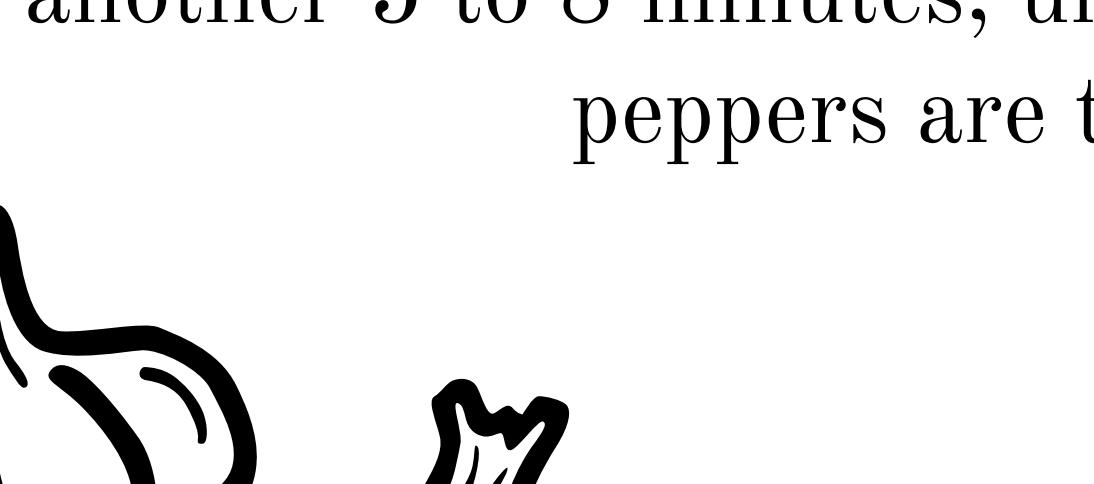
## Follow these 7 easy steps:

1



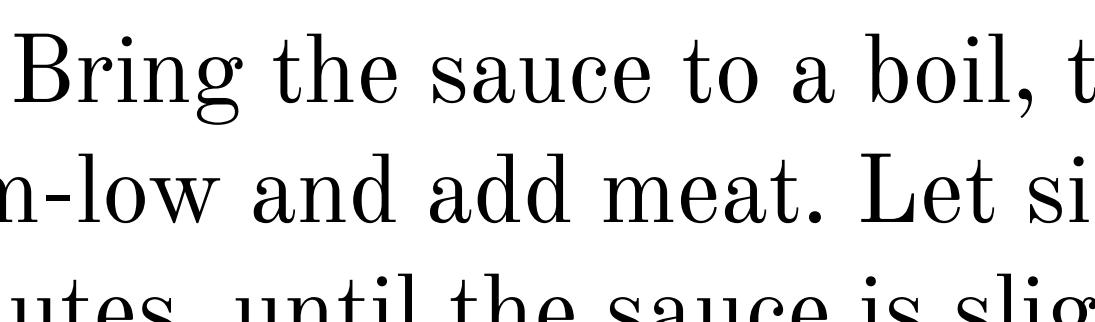
1. Heat tbsp. of olive oil in a heavy bottom pan over medium-high heat. Once the oil is shimmering, add the ground meat in little chunks, breaking them up with a spoon but not stirring too much, so they can develop a nice brown crust. Let cook for 6-8 minutes. (It's okay if it's still pink in the center.) Remove meat from the pan and set aside

2

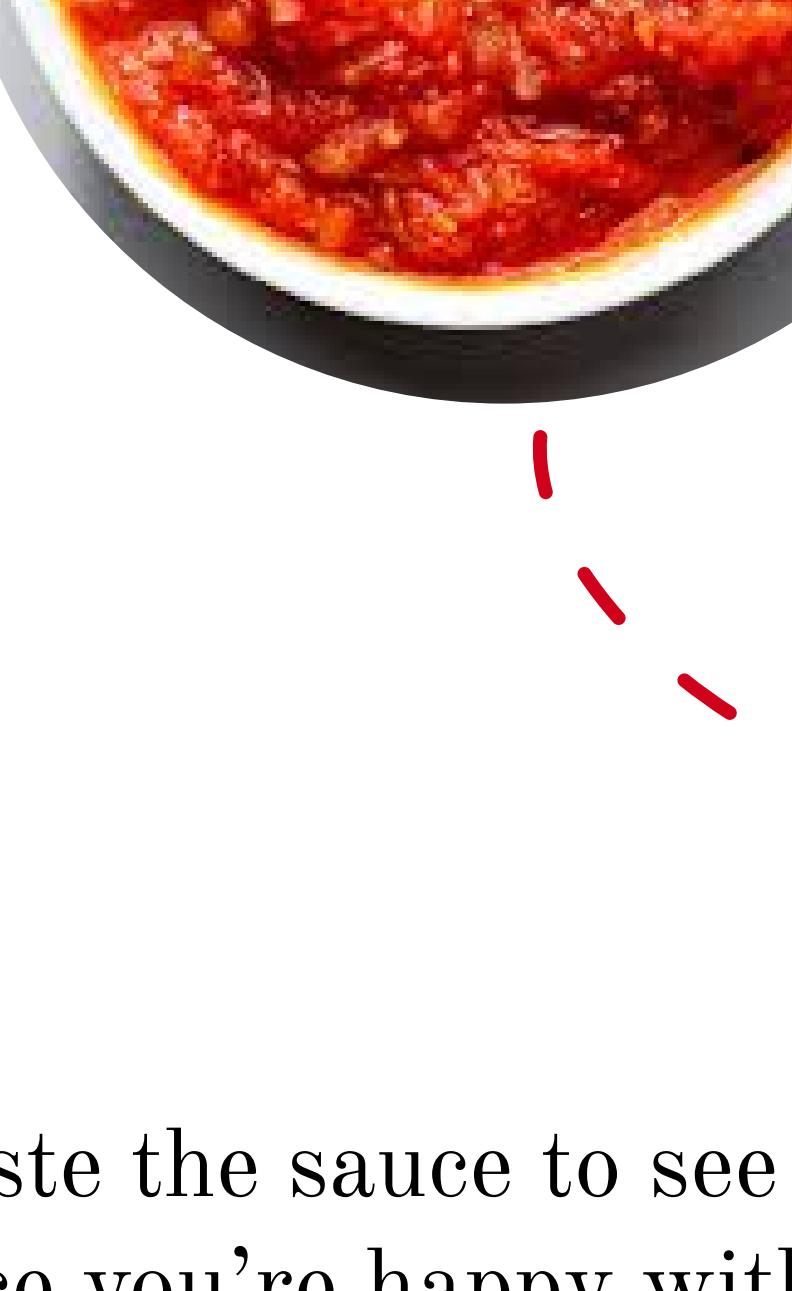


2. Reduce the heat to medium and add another tbsp. of olive oil to the same pan. Add the onions and cook for about 5 minutes, stirring them and scraping up any brown bits left behind by the meat. Season with a big pinch of salt.

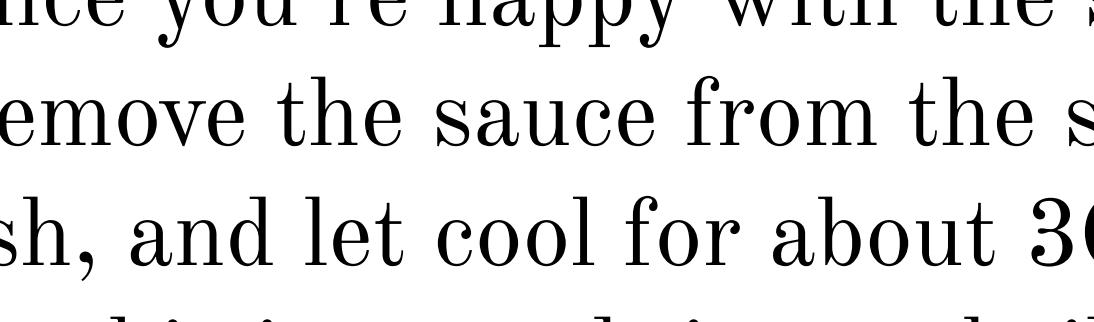
3



3. Add the bell peppers and garlic and cook for another 5 to 8 minutes, until the peppers are tender.



4



4. Add the tomato paste and cook for about 5 minutes.

Then add the tomatoes and turn the heat up to medium-high. Bring the sauce to a boil, then reduce the heat to medium-low and add meat. Let simmer gently for about 30 minutes, until the sauce is slightly thickened and the flavors have melded together.



5. After 30 minutes, taste the sauce to see if it needs more salt or seasoning. Once you're happy with the seasoning, turn off the heat, remove the sauce from the stove, pour into large casserole dish, and let cool for about 30 minutes. If you haven't already, this is a good time to boil the pasta and broccoli (separately). Boil broccoli, submerged in water, until tender.



6



6. After 30 minutes, the meat sauce should be slightly cooled. Gently fold the pasta and broccoli in with the mixture. Once fully combined, dot the top with dollops of ricotta cheese and cover the whole thing with the mozzarella.



7



And voila! It's done!

