Whole Wheat Vegetable Pasta Bake

Serves 8

Ingredients:

1 pound whole wheat rotini pasta
3 cloves garlic, minced
2 zucchinis, chopped
2 cups grape tomatoes, sliced
4-5 leaves fresh basil chopped (additional leaves for garnish)
15 ounces reduced-fat ricotta cheese
3 cups low-sodium marinara sauce
½ cup reduced fat mozzarella cheese, shredded
1 tablespoon Dash salt-free Italian Medley seasoning blend

Directions:

1. Preheat oven to 350 degrees.
2. Cook whole wheat pasta per instructions on the box, strain, and transfer to a large bowl.
3. In the large bowl, add in garlic, zucchini, grape tomatoes, chopped basil, mozzarella, Italian seasoning blend, and half of the amount of ricotta cheese. Stir until ingredients are combined.
4. Pour the contents of the bowl into a 9x13-inch baking dish. Top with the remaining ricotta cheese. Bake for 25-30 minutes.
5. Remove from oven. If desired, garnish with extra basil leaves.
6. Enjoy!

Nutrition Information per serving (1 ¼ cup):

Calories: 347, Total Fat: 6 g, Saturated Fat: 2.2 g, Unsaturated Fat: 3.8 g, Carbohydrates: 55 g, Protein: 21g, Cholesterol: 30 mg, Sodium: 210 mg, Fiber: 10 g, Sugar: 14 g.

SOURCE: Recipe adapted from beautifuleatsandthings.com