

Italian Noodle Bake

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Servings: 5

1 tablespoon olive oil
1/2 cup onion, chopped
3 cloves garlic, minced
1 pound spicy Italian sausage
3 tablespoons tomato paste
1 can (15 ounce) Italian-style diced tomatoes
8 ounces egg noodles
1/2 cup nonfat plain Greek yogurt
1 cup part-skim ricotta cheese
1 tablespoon Italian seasoning
1/2 cup low-fat mozzarella cheese
OR Italian cheese blend, shredded

Preheat the oven to 350 degrees.

In a large skillet over medium heat, heat the olive oil. Add the onion and cook until translucent, about 5 minutes. Add the garlic and cook another minute.

Push the onion and garlic aside and add the Italian sausage to the pan, breaking it apart with a spoon. Cook until no pink remains.

Add the tomato paste and diced tomatoes, breaking the tomatoes up with a spoon. Simmer while cooking the noodles.

Cook the egg noodles according to package directions. Drain and set aside.

In a medium bowl, combine the Greek yogurt and ricotta cheese. Stir in the Italian seasoning.

Spray a 13x9-inch baking dish with nonstick cooking spray.

Add half of the noodles to the baking dish. Top with half of the meat mixture. Add half the yogurt mixture. Sprinkle with half of the mozzarella cheese. Repeat the layers.

Bake for 20 minutes or until the cheese is melted.

Per Serving (excluding unknown items): 283 Calories; 9g Fat (27.3% calories from fat); 13g Protein; 39g Carbohydrate; 2g Dietary Fiber; 58mg Cholesterol; 150mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	283	Vitamin B6 (mg):	.1mg
% Calories from Fat:	27.3%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	54.9%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	17.8%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	9g	Folacin (mcg):	25mcg
Saturated Fat (g):	3g	Niacin (mg):	4mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	58mg	% Refuse:	0.0%
Carbohydrate (g):	39g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	2
Protein (g):	13g	Lean Meat:	1/2
Sodium (mg):	150mg	Vegetable:	1/2
Potassium (mg):	292mg	Fruit:	0
Calcium (mg):	158mg	Non-Fat Milk:	0
Iron (mg):	3mg	Fat:	1
Zinc (mg):	2mg	Other Carbohydrates:	0
Vitamin C (mg):	6mg		
Vitamin A (i.u.):	481IU		
Vitamin A (r.e.):	96RE		

Nutrition Facts

Servings per Recipe: 5

Amount Per Serving

Calories 283 Calories from Fat: 77

% Daily Values*

Total Fat 9g	13%
Saturated Fat 3g	16%
Cholesterol 58mg	19%
Sodium 150mg	6%
Total Carbohydrates 39g	13%
Dietary Fiber 2g	8%
Protein 13g	
Vitamin A	10%
Vitamin C	10%
Calcium	16%
Iron	14%

* Percent Daily Values are based on a 2000 calorie diet.