Baked Ziti with Sausage

Family Circle Magazine

Servings: 10

Preparation Time: 40 minutes

Bake Time: 25 minutes

SAUCEs

1 pound sweet Italian bulk sausage

2 tablespoons olive oil

1 medium onion, chopped

3 cloves garlic, sliced

1 can (28 oz) whole tomatoes

1 can (15 oz) tomato sauce

2 tablespoons tomato paste

2 teaspoons sugar

1/4 teaspoon salt

1/4 teaspoon black pepper

1 can (14.5 oz) basil-and-oregano diced tomatoes, diced

1/2 cup fresh basil, chopped

ZITI AND CHEESE

1 box (16 oz) ziti pasta

1 bag (8 oz) shredded part-skim mozzarella cheese

1/4 cup grated Parmesan or Pecorino Romano cheese

Preheat oven to 375 degrees. Coat a 13x9x2-inch baking dish with nonstick cooking spray.

SAUCE: Crumble sausage in a 3-quart saucepan over medium heat. Cook eight minutes, or until no longer pink. REmove from pot with a slotted spoon. Add onion to pot; cook four minutes. Add garlic and cook another minute. Stir in whole tomatoes and their juice, breaking tomatoes apart with a wooden spoon. Stir in tomato sauce, tomato paste, sugar, salt and pepper. Simmer, stirring occasionally, for twenty minutes.

Remove pan from heat. Stir in sausage, diced tomatoes and basil.

ZITI AND CHEESE: Bring a large pot of lightly salted water to boiling. Add ziti; boil ten minutes, stirring. Drain and transfer to a large bowl. Add half the sauce to bowl with ziti. Stir to coat. Pour ziti mixture into prepared dish. Top with remaining sauce and then sprinkle with the cheeses.

Bake for twenty to twenty-five minutes, until bubbly and lightly browned. Cool 10 minutes.

Per Serving (excluding unknown items): 85 Calories; 3g Fat (30.8% calories from fat); 2g Protein; 13g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 230mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Vegetable; 1/2 Fat; 0 Other Carbohydrates.