

Gluten Free Habit

BAKED ZITI (gluten free)



There's nothing better than a delicious, easy casserole...especially when it's Italian! This gluten free pasta classic is filling and so flavorful, with an Italian sausage meat sauce and layers of Italian cheeses.

Makes: 6-8 servings

Ingredients:

1 lb. gluten free penne, ziti, or similar pasta	2 jars gluten free spaghetti sauce of choice (you will probably only use 1 ½)	1 egg
1 lb. ground beef	6 oz. provolone cheese, sliced	1 ½ cups ricotta cheese
Mild Italian sausage (2-3)	6 oz. mozzarella cheese	½ tsp. salt
4 cloves garlic	¼ cup grated parmesan cheese	¼ tsp. black pepper
1 medium-sized yellow onion		½ tsp. Italian seasoning

Getting Ready:

1. Chop onion
2. Shred the mozzarella
3. Mince the garlic
4. Grate the parmesan
5. Spray a 9x13 baking dish with cooking spray

Let's Get Started:

1. In medium saucepan or large saute pan cook beef, sausage, onion and garlic over medium heat.
2. When meats are thoroughly cooked, add sauce.
3. Reduce heat, stir, and simmer 15 minutes.
4. Bring a pot of water to boil and cook pasta until al dente. Drain when done.
5. While the sauce is simmering and pasta is cooking, prepare the cheese spread: In a medium bowl, combine egg, ricotta, salt, pepper, and Italian seasoning. Stir. Set aside.
6. Preheat oven to 350 degrees
7. Gently stir drained pasta into meat/sauce mixture
8. To assemble, layer ingredients in this order:
 - a. Spoon in ½ the sauce/pasta mixture
 - b. Single layer of provolone
 - c. ½ the ricotta mixture
 - d. ½ the mozzarella and ½ the parmesan
 - e. Repeat a-d
9. Cover with tinfoil
10. Bake 30-40 minutes or until heated through. Remove from oven and remove tinfoil.
11. Serve!