



Three-Cheese Baked Penne

Active time 25 minutes **Total time** 1 hour 10 minutes

Makes 6 main-dish servings

- 15 oz. part-skim ricotta cheese
- 4 oz. part-skim mozzarella cheese, shredded (1¼ c.)
- 1 oz. Parmesan cheese, grated (½ c.)
- 1 tsp. olive oil
- 3 cloves garlic, crushed with press
- ¼ tsp. crushed red pepper
- 1 can (28 oz.) crushed tomatoes
- 2 sprigs basil, plus ¼ c. leaves finely chopped
- Salt and pepper
- 1 box whole wheat penne (13 to 14.5 oz.)
- 1 lb. green beans, trimmed, cut in half

1. Preheat oven to 400°F. In bowl, combine cheeses.

2. In 12-in. skillet, heat oil on medium. Add garlic and red pepper; cook 30 seconds. Stir in tomatoes, basil sprigs, and ¼ teaspoon salt. Heat to boiling, then reduce heat to simmer 20 minutes.

Discard basil sprigs.

3. Meanwhile, heat covered 6-quart pot of water to boiling on high. Add 2 teaspoons salt and pasta; cook 5 minutes less than minimum time that label directs, stirring. Add beans; cook 4 minutes. Reserve ½ cup pasta water. Drain pasta and beans; return to pot. If tomato sauce is too thick, stir in reserved pasta water. To pasta in pot, stir in tomato sauce, chopped basil, and ¼ teaspoon each salt and black pepper.

4. Spoon half of pasta mixture into 3-quart shallow baking dish. Dollop with half of cheese mixture. Repeat. Cover with foil; bake 10 minutes. Uncover; bake 10 minutes or until cheese has melted.

EACH SERVING About 500 calories, 27 g protein, 70 g carbohydrate, 13 g total fat (6 g saturated), 11 g fiber, 26 mg cholesterol, 685 mg sodium.