

CREAMY PASTA AND MEATBALL BAKE

Prep Time: 15 Minutes - Start to Finish: 1 Hour 5 Minutes

With very little prep and very big flavors, this easy “dump” dinner is virtually guaranteed to become a regular at your weeknight table.

1 can (14.5 oz) Muir Glen™ Organic Fire Roasted Crushed Tomatoes, undrained
2 cups water
1/2 cup heavy whipping cream
1 teaspoon Italian seasoning
1/2 teaspoon garlic powder
8 oz uncooked penne pasta
1 cup shredded mozzarella cheese (4 oz)
3/4 cup grated Parmesan cheese
1 lb small frozen Italian meatballs (1/2 oz each), thawed and halved

1. Heat oven to 425°F. Spray 13x9-inch (3-quart) baking dish with cooking spray. In large bowl, mix tomatoes, water, cream, Italian seasoning and garlic powder; stir in pasta, mozzarella cheese and 1/2 cup of the Parmesan cheese. Stir in meatballs.
2. Pour mixture into baking dish. Cover tightly with foil. Bake 30 minutes; stir, and replace foil. Bake 8 to 12 minutes longer or until pasta is tender and most of sauce is absorbed.
3. Remove foil and stir; top with remaining 1/4 cup Parmesan cheese. Let stand 5 minutes. Sauce will thicken upon standing.

8 servings (about 1 cup each)

About 1 Cup Calories 410 (Calories from Fat 170); Total Fat 19g (Saturated Fat 9g, Trans Fat 0.5g); Cholesterol 90mg; Sodium 630mg; Total Carbohydrate 36g (Dietary Fiber 2g, Sugars 5g); Protein 24g
% Daily Value: Vitamin A 8%; Vitamin C 0%; Calcium 30%; Iron 15%;
Exchanges: 2 1/2 Starch, 1 Medium-Fat Meat, 1 1/2 High-Fat Meat,
Carbohydrate Choice: 2.5

Top with chopped fresh basil or flat-leaf Italian parsley leaves for extra color and flavor.
Using uncooked pasta is a huge time-saver, but it means more liquid is required for the bake. The mixture will look very wet, but thickens during cooking and also as it stands after coming out of the oven.
Round out the meal with a simple mixed green salad tossed in your favorite Italian dressing.

