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Super Deluxe Low FODMAP Baked Ziti



Our Super Deluxe Low FODMAP Baked Ziti will please everyone and feeds a crowd. Stick with the recommended portions to keep this low FODMAP.

Course: Dinner, Main Course

Cuisine: American, Italian

Prep Time: 20 minutes

Cook Time: 30 minutes

Total Time: 50 minutes

Makes: 24 servings

Calories: 262 kcal

Author: Dédé Wilson

Ingredients:

- 1 pound (455 g) low FODMAP, gluten-free ziti or penne rigate
- 3 tablespoons Garlic-Infused Oil, made with olive oil, or purchased equivalent, divided
- 3/4 cup (48 g) finely chopped scallions, green parts only
- 1 pound (455 g) ground beef, turkey or chicken
- 1 pound (455 g) low FODMAP sausage - pork, chicken or turkey
- 2 cups (480 ml) low FODMAP marinara sauce
- 1, 28- ounce (794 g) can whole, peeled tomatoes in juice
- 1 tablespoon fennel seeds, crushed
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon red pepper flakes
- Kosher salt
- Freshly ground black pepper
- 1 1/2 pounds (680 g) mozzarella (I recommend low fat), shredded and divided
- 2 cups (1 pound/455 g) lactose-free cottage cheese
- 1/2 cup (50 g) grated Parmesan cheese
- 2 large eggs
- 1/4 cup (8 g) finely chopped flat-leaf parsley

Preparation:

1. Bring a large pot of salted water to a boil and cook pasta until it is just shy of al dente. Drain well, rinse with water, drain again and set aside.

2. Heat 2 tablespoons of the **Garlic-Infused Oil** in a **very large sauté pan** over low-medium heat and add scallions. Sauté for a few minutes until softened. Add the ground meat, breaking it up with a wooden spoon and sauté until it is cooked through. Scrape into **large mixing bowl**.
3. Return pan to heat and add 1 tablespoon of reserved oil, heating over low-medium heat, slip sausage out of casing and add to pan, break up sausage with a wooden spoon and continue to sauté until cooked through. Add meat and scallion mixture back to pan (save the dirty bowl for later). Add marinara sauce and whole tomatoes, smashing them with a wooden spoon to break them up. Stir everything together very well. Add fennel seed, basil, oregano and pepper flakes. Taste and season with salt and pepper. Cover and bring to a simmer for about 10 minutes, stirring occasionally. Cool.
4. Position rack in middle of oven. Preheat oven to 375°F/190°C. Coat a 13 by 9-inch (33 cm by 23 cm) deep casserole dish with nonstick spray.
5. Place pasta and about two-thirds of the meat sauce in the large, previously used mixing bowl. In a small bowl whisk together half of the mozzarella, all of the cottage cheese and Parmesan, the eggs and parsley until combined. Season with salt and pepper, then fold into the pasta/sauce mixture until thoroughly combined. Scrape half of the pasta mixture into the prepared pan, top with half of the reserved sauce and half of the reserved cheese mixture, then layer up the remaining pasta mixture, the last of the sauce and the last of the mozzarella.
6. Bake for about 20 to 30 minutes or until the filling is hot throughout and bubbling. Allow to sit for 5 minutes before serving - great with a green salad with a sharp vinaigrette.

Notes:

Tips

- You can prepare the baked ziti up till Step 5 (skipping Step 4, which is preheating the oven) and you can cover the pan very well with plastic wrap and refrigerate overnight or you can freeze for up to a month. If frozen, defrost in refrigerator overnight. Always bring out of the fridge and bring to room temperature before baking - which might take quite a while, so do not underestimate the time you need.

Nutrition Facts	
Super Deluxe Low FODMAP Baked Ziti	
Amount Per Serving	
Calories 262	Calories from Fat 108
% Daily Value*	
Fat 12g	18%
Saturated Fat 1g	5%
Cholesterol 4mg	1%
Sodium 185mg	8%
Potassium 76mg	2%
Carbohydrates 19g	6%
Fiber 1g	4%
Sugar 3g	3%
Protein 20g	40%
Vitamin A 140IU	3%
Vitamin C 1.4mg	2%
Calcium 61mg	6%
Iron 0.3mg	2%
* Percent Daily Values are based on a 2000 calorie diet.	