

Easy Cheesy Ricotta Bake

Recipe makes 6 meals

Ingredients

- 16 oz Cottage Cheese, 4% Milkfat
- 15 oz Barilla Protein+ Pasta
- 15 oz Ricotta Cheese, made with Part Skim Milk
- 6 oz Tomato Paste
- 2 cups Spinach, chopped
- 1 cup Fat Free Fairlife Milk
- 1 cup Chicken Broth
- 1/2 cup Grated Parmesan Cheese
- 1 Tbsp Garlic Powder
- 1/2 Tbsp Onion Powder
- 1 tsp Italian Seasoning
- 1 tsp Basil
- 1/2 tsp Crushed Red Pepper
- 1/4 tsp Coriander
- Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 461

Fat - 12g

Carbohydrates - 59g

Protein - 33g

***Fiber - 7g**

**Estimated Cost
Per Meal**

\$2.21

   @zachcoen

www.mindbodyandnutrition.com

Instructions

- 1. Start by preheating your oven to 450°F.**
- 2. While your oven is preheating, bring a large pot of water to a boil and cook your pasta according to the instructions on the package. When done, strain it and set it aside.**
- 3. In a large blender or food processor, add in 16 ounces of cottage cheese, 6 ounces of tomato paste, 1 cup of chicken broth, 1 cup of milk, 1/2 cup grated parmesan, 1 Tbsp garlic powder, 1/2 Tbsp onion powder, 1 tsp Italian seasoning, 1/2 tsp crushed red pepper (optional), 1/4 tsp coriander, and a little salt and pepper. Place your lid on and blend until smooth. Taste and adjust seasoning to fit your preference. When done, set it aside.**
- 4. In a bowl add in 15 ounces of ricotta cheese, 1 tsp of basil, and a little salt and pepper. Mix until smooth and set aside.**
- 5. Grab your 9x13 casserole dish and add in your cooked pasta, chopped spinach, and cheese sauce. Mix well to make sure your pasta is completely coated.**
- 6. Top your pasta with your ricotta cheese and spread it out as evenly as possible.**
- 7. Bake in the oven on 450°F for 15-20 minutes.**
- 8. Once it's done, give it a taste, and add salt and pepper to preference.**
- 9. Portion out and enjoy!**

Notes

- **As with most of the pasta recipes, this can be bulked up with your choice of veggies. Adding some broccoli, chopped zucchini, or pretty much any other veggie, is a great way to increase the fiber and nutrient density of this meal.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**