

## Cheesy Pasta Bake

Serves 8 People | 10 minutes- prep time | 45 minutes cooking time | 55 minutes- total time

### Ingredients:

- 1 pound shell noodles, cooked according to package instructions
- 1 tablespoon olive oil
- 1 onion, diced
- 1 tablespoon garlic, minced
- 1 pound ground lean beef, turkey, or chicken
- 2 zucchinis, sliced
- 6 ounces spinach leaves
- 1 16-oz canned crushed tomatoes
- Salt and pepper
- 2 cups low-fat mozzarella cheese
- 8 basil leaves, chopped

### Directions:

Preheat the oven to 400 degrees F.

Place a large pan on the stove, over medium heat. Into the pan, add the olive oil, onions, and garlic.

Cook together for 2 minutes or until the onions began to become translucent. Then, add in the ground meat and break it up with a wooden spoon, until it is small crumbles. Cook for five minutes.

Now, into the pan, add the zucchini, spinach, and crushed tomatoes. Cook together for 5 additional minutes, or until the spinach has completely cooked down. Season with salt and pepper, and stir everything together well.

Then, transfer the pasta from the pan, into a large casserole dish. Once the pasta has been completely spread into the casserole dish, add on the cheese, over the top of the pasta.

Finally, transfer the casserole dish, into the oven. Bake for 25-30 minutes or until the cheese is golden brown.

Once it is finished baking, remove from the oven, and garnish with chopped basil.

Serve and enjoy!