



## HealthBarn-O's Pasta

strong bodies **healthy minds**

We had to go to Sicily to get this original dish for the homemade version of Spaghetti-O's! We LOVE to help make this recipe because it tastes so good – and it's good for you! This meal is high in protein to help your muscles get strong, high in fiber (WOW!) and is an excellent source of iron which is the most common mineral lacking in kids' diets! Moms gave us the thumbs up because it's easy to make, they can freeze the leftovers, and the whole family has a new favorite lunch or dinner meal.

### Ingredients:

- 1 lb. anelletti pasta
- ¾ lb. 93% lean beef, ground
- ¼ teaspoon ground black pepper
- 1 teaspoon fresh rosemary, roughly chopped
- 1 Tablespoon plus 1 teaspoon, extra virgin olive oil
- 3 garlic cloves
- 1 medium onion, diced
- 1, 28 ounce can crushed tomatoes
- 8 ounces water
- ¼ cup basil, roughly chopped
- 2 cups peas, frozen
- ½ cup breadcrumbs
- ½ cup part skim mozzarella, shredded
- ¼ cup Parmesan cheese, grated

### Directions:

1. Preheat oven to 400°F.
2. Bring a large pot of water to a boil and cook anelletti pasta al dente, approximately 6-7 minutes; drain pasta and set aside in a large mixing bowl.
3. In a large skillet over medium heat, brown beef and break up into small pieces; and season with pepper and rosemary. Drain beef of excess fat and set aside. Discard excess fat.
4. In the same large skillet, add 1 Tablespoon of olive oil, garlic and onions and cook until onions are translucent approximately 5-7 minutes. Add tomatoes, water and basil; stir and simmer for 5 minutes.
5. Add browned meat and peas to skillet with tomato sauce and simmer for 5 - 10 minutes.
6. Add beef and tomato mixture to pasta and mix well.
7. Using a 13 x 9 inch lasagna pan, coat pan bottom with 1 teaspoon of olive oil and sprinkle a few teaspoons of breadcrumbs to evenly coat.
8. Start with first layer of pasta mixture in pan, approximately ½ - 1 inch deep. Then, layer **some** mozzarella and Parmesan cheeses. Repeat layers of pasta mixture and cheeses until reach the top of pan.
9. Sprinkle remaining breadcrumbs on top of mixture, cover with tin foil and place in oven for 15 minutes. Remove tin foil and let bake for another 5 minutes to brown top!
10. Remove from oven and let sit for 10-15 minutes; scoop and serve!

Makes 10 servings (1 cup per serving).

**Nutrition Facts per serving:** 310 calories; 6g fat (2g sat fat, 2g mono, 1g poly, 0g trans fat); 20mg cholesterol; 46g carbohydrate (5g fiber, 2g sugar); 18g protein; 240mg sodium; 15% Daily Value (DV) vitamin A; 15% DV vitamin C; 10% DV calcium; 20% DV iron.