

Mamma Ang's Cavatini

Ingredients

1 1/4 lb ground turkey
1 green bell pepper, chopped
1 yellow onion, chopped
6 oz turkey pepperoni
1 jar(s) any (red) spaghetti sauce w/garlic
1 c whole wheat elbow macaroni
1 c whole wheat penne
1 c whole wheat rotini
2 1/2 c low-fat mozzarella cheese, separated
16 oz low-fat cottage cheese

1 tsp Italian seasoning

Step-By-Step

1 Brown ground turkey, onion and bell pepper. Add pepperoni and sauce.

2 Boil all pastas for 10 minutes. Drain.

3 Add to meat sauce mixture.

4 In a medium bowl, mix 2 cups of mozzarella, the cottage cheese, and Italian Seasoning.

5 In a 9×13 baking dish, layer almost $\frac{1}{2}$ of pasta/meat mixture. Then, add a layer of $\frac{1}{2}$ cheese mixture. Add another layer of pasta/meat (make sure to leave enough for a thin third layer). Add a layer of the rest of the cheese mixture. Top with remaining pasta/meat, and sprinkle on the $\frac{1}{2}$ cup of mozzarella.

6 Bake at 350 degrees for 35 minutes.