

## High Protein Pasta Bake

Macros: 498 cals | 41g protein | 62g carb | 11g fat

Makes 12 servings

### Ingredients

- 1 yellow onion
- 3 medium/small zucchini chopped
- 2 lbs lean ground beef (97/3)
- 1 tbs Garlic powder
- 1 tbs Onion powder
- 1tbs Italian seasoning
- 1tsp salt
- 1 tsp pepper
- 2 box protein pasta
- 3 jar pasta sauce
- 1 cup low-fat cottage cheese
- 1 bag fat free mozzarella cheese
- ½ cup Parmesan cheese



### Directions

1. In a large pot, sauté onions and add ground beef with seasonings when meat is almost done, add zucchini and stir.
2. Once meat is browned and zucchini have begun to cook, add in 3 (I used Prego 23.75oz 1 sausage, 1 garden 1 tomato basil) let simmer stirring occasionally.
3. In a large pot, boil water and add salt. Once a rapid boil has been reached, add pasta and cook to desired doneness (8-10 minutes).
4. Once pasta is cooked, transfer into a large casserole or aluminum pan. Add mozzarella, Parmesan, and cottage cheese to pasta and stir. Once combined, pour in your sauce and stir again to thoroughly combine everything.
5. Bake at 350°F for 25-35 mins. Let cool for 15 minutes or serve immediately to a hungry hoard. I divide it into 12 meal prep containers.

Meal Prep Tip💡 Store in refrigerator for up to a week. To reheat, remove lid and lay on top of container loosely, microwave on high for 1 minute 30 seconds and enjoy.



Ingredient	Serving	Calories	Carbs	Fat	Protein
Lean Ground Beef	2lbs	1530	0	72	207
Medium onion	1	41	0.2	9.5	1.3
Zucchini	3	63	12	1	4.5
Pasta sauce sausage	1 Jar	400	55	12.5	15
Pasta sauce tomato basil	1 Jar	350	60	5	10
Pasta sauce Garden	1 Jar	300	55	5	10
Protein pasta	2 box	2660	532	14	140
fat free mozzarella cheese	1 bag	315	14	0	63
Parmesan cheese	½ cup	160	0	12	16
low-fat cottage cheese	1 cup	160	12	2	24
Total		5979	740	133	491
Per serving (12)		498	62	11	41