



BAKED ZITI AND SARDINES

- 1 can **Crown Prince Natural Brisling Sardines in Water**, drained and flaked
- 15 ounces ricotta cheese
- 1/4 cup milk
- 1 tablespoon chopped fresh basil
- 1 teaspoon garlic powder
- 2 1/2 cups shredded provolone cheese
- 1/4 cup + 2 tablespoons shredded Parmesan cheese
- salt and black pepper to taste
- 12 ounces penne, cooked according to package directions
- 4 cups fat free tomato sauce
- 1 teaspoon dried oregano



Preheat oven to 375°F. In a large bowl, combine the sardines, ricotta cheese, milk, basil, garlic powder, 1 1/2 cups provolone cheese and 1/4 cup Parmesan cheese. Mix well. Season with salt and pepper. Add the pasta and toss to mix.

Place 2 cups of tomato sauce in the bottom of a 13" x 9" baking dish. Spread the ziti mixture on top and add the remaining 2 cups of sauce. Sprinkle with the remaining cheese and oregano. Cover with foil, tenting the foil to prevent the cheese from sticking. Bake for 30-40 minutes, or until the cheese is melted and the casserole is bubbling. Serves 8.