



Baked Penne Rigate

Contains 40% Daily Value for calcium per serving!



Where service *and savings* matter.

SERVINGS: 10

INGREDIENTS:

- 1-16 oz box Gia Russa Penne Rigate whole wheat pasta
- 1/2 medium onion, chopped
- 1 Tbsp Food Club olive oil
- 2 garlic cloves, minced
- 1 lb lean ground beef
- 1-26 oz jar Food Club Chunky Garden Combination pasta sauce
- 1/2 tsp salt, divided
- 3 Tbsp Land 'O Lakes light butter
- 3 Tbsp all-purpose flour
- 3 cups fat-free milk
- 1 cup Food Club grated Parmesan cheese
- 1/2 tsp pepper
- 1-8 oz package Food Club shredded mozzarella cheese

NUTRITIONALS

Nutritional analysis per serving:
calories 380, calories from fat 80,
total fat 8g, saturated fat 3.5g,
cholesterol 40mg, sodium 790mg,
total carbohydrate 47g, dietary
fiber 5g, sugars 10g, protein 28g,
vitamin A 15%, vitamin C 6%,
calcium 40%, iron 20%

DIRECTIONS:

1. Cook pasta in a large Dutch oven or pot according to package directions. Drain in colander and set aside.
2. Meanwhile, sauté chopped onion in hot oil in a large skillet over medium-high heat 5 minutes or until tender. Add garlic and sauté 1 minute. Add beef, and cook, stirring until beef crumbles and is no longer pink. Stir in pasta sauce and 1/4 tsp salt. Set aside.
3. Melt butter over low heat in pot used to cook pasta; add flour to milk and whisk until smooth. Combine milk and flour mixture with butter; cook over medium heat, whisking constantly, until mixture is slightly thickened and bubbly, about 5 to 8 minutes. Stir in Parmesan cheese, remaining 1/4 tsp salt, and pepper. Add pasta to sauce, stirring until pasta is evenly coated.
4. Transfer pasta mixture to a lightly greased 13x9-inch baking dish. Top evenly with beef mixture; sprinkle evenly with mozzarella cheese.
5. Bake at 350°F for 20-25 minutes or until cheese is melted. Let stand 10 minutes before serving.

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Shopping List

PRODUCE:

- 1 onion
- Garlic

MEAT/POULTRY/SEAFOOD:

- 1 lb lean ground beef

DAIRY:

- Land 'O Lakes light butter
- Fat free milk
- Food Club grated Parmesan cheese
- 1-8 oz package Food Club shredded mozzarella cheese

**WHOLE GRAINS/
BREADS/PASTA:**

- 1-16 oz box Gia Russa Penne Rigate whole wheat pasta

SPICES/SEASONINGS:

- Salt
- Pepper

**GROCERY/FROZEN/
MISCELLANEOUS:**

- Food Club olive oil
- 1-26 oz jar Food Club Chunky Garden Combination pasta sauce
- All-purpose flour

FOLD