**Baked Rotini**

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| **Ingredients** |
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100 g   rotini (375 mL)

1 splash olive oil

60 mL onion, diced

1 mL salt

100 g   ground beef, lean

1 clove garlic, minced

2 mL oregano

250 mL pasta sauce

30 mL Parmesan, grated

60 mL frozen spinach, thawed, squeezed to remove liquid

(or a BIG handful of fresh spinach)

60 mL cheese, grated (cheddar or mozzarella)

**Procedure:**

1. Preheat oven to 400° F.
2. Fill a pot half full of **water** and bring to a boil. Cook **pasta** for 8-10 minutes. Drain.
3. In a large fry pan, brown **ground beef** until no pink remains. Drain any fat.
4. Add **onion**, **garlic** and **oregano**. Cook until **onions** are tender.
5. Add **pasta sauce** and simmer for 10 minutes.
6. Combine **sauce** with **cooked pasta**, **spinach** and **Parmesan**. Spread into a greased casserole dish. Top with **grated cheese**. Bake uncovered for 15 minutes.