



Spinach Manicotti

Info:

Makes 6 Servings 340 Calories per Serving



Ingredients:



Cheese Mixture:

- ❖ 15oz Fat Free Ricotta Cheese
- ❖ 10oz Frozen Chopped Spinach, thawed and squeezed dry in towel
- ❖ 1 Cup Shredded Reduced Fat (Part-Skim) Mozzarella Cheese
- ❖ ¼ Cup Reduced Fat Parmesan Cheese
- ❖ ½ Cup Egg Beaters (2 Egg Whites)
- ❖ 2 tsp Parsley
- ❖ ½ tsp Salt
- ❖ ½ tsp Pepper
- ❖ ½ tsp Onion Powder

Sauce:

- ❖ 1 tsp Salt
 - ❖ ½ tsp Pepper
 - ❖ 1 Tbsp Garlic Powder
 - ❖ 2 tsp Basil
 - ❖ 2 tsp Oregano
 - ❖ ¼ tsp Thyme
 - ❖ 2 tsp Splenda
 - ❖ 28oz Can Tomato Sauce
 - ❖ 8oz Can Tomato Paste
 - ❖ ¾ Cup Water
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- ❖ 1 Package (8oz) Manicotti Shells (12 shells)
 - ❖ ½ Cup Shredded Reduced Fat (Part-Skim) Mozzarella Cheese
 - ❖ ¼ Cup Reduced Fat Parmesan Cheese

Preparation:



Day 1:

1. In a large bowl combine all the cheese mixture ingredients
2. In another bowl combine all the sauce ingredients
3. Spread 2 cups of the sauce mixture into an ungreased 13"x9" baking dish
4. Place all the cheese mixture into a large, thick ziplock bag into one corner and cut a hole to make a ½ inch diameter opening (or a pastry bag if you have one)
5. Gently squeeze the mixture into each shell, filling from both sides may be necessary
6. Place each filled shell in the baking dish over the tomato sauce with none overlapping then cover shells with remaining tomato sauce
7. Cover and refrigerate overnight

Day 2:

8. Remove from refrigerator 30 minutes before baking and sprinkle ½ cup mozzarella and ¼ cup parmesan cheeses over top
9. Preheat oven to 350° and bake 45 minutes