

Cheese-Stuffed Manicotti

INGREDIENTS

- » Nonstick vegetable cooking spray
- » 1 tsp olive oil
- » 2 cloves garlic, minced
- » 1/2 cup mushrooms, sliced
- » 2 (8-oz) cans tomato sauce
- » 2 (14 1/2-oz) cans stewed tomatoes, sliced
- » 1 1/2 tsp oregano leaves
- » 2 tbsp chopped fresh parsley
- » 1 1/2 cups low-fat cottage cheese
- » 1 cup part-skim ricotta cheese
- » 4 tbsp grated Parmesan cheese
- » 2 egg whites
- » 1/4 tsp salt
- » 1/4 tsp pepper
- » 12 uncooked manicotti shells
- » 1/2 cup water
- » 1/2 cup (2 oz) grated mozzarella cheese

Nutritional Content

Per Serving

Calories	474 cal	Cholesterol	35mg
Protein	35g	Sodium	1808mg
Carbohydrate	54g	Calories from Fat	20%
Fat	10g	Fiber	4g
Saturated Fat	5g		

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INSTRUCTIONS

Preheat oven to 375F. In a medium saucepan sprayed with nonstick vegetable cooking spray, over medium-high heat, add olive oil, garlic, and mushrooms. Sauté for 3 to 5 minutes. Add tomato sauce, stewed tomatoes, oregano, and parsley. Bring to a boil and then reduce heat; simmer covered for 5 to 10 minutes. Combine cottage cheese, ricotta cheese, Parmesan cheese, egg whites, salt, and pepper in a bowl. Mix well. Stuff uncooked manicotti shells with cheese mixture using a small butter knife. In a 9" x 13" casserole dish, spread 2 cups of the tomato sauce mixture on the bottom. Arrange stuffed manicotti shells in a single layer side by side over sauce. Cover shells with remaining tomato sauce mixture and evenly pour the 1/2 cup water over the top. Cover dish with foil and bake for 45 minutes. Remove foil, top with grated mozzarella cheese, and bake another 10 minutes. Makes 4 servings.

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