

Cheese-Stuffed Manicotti

INGREDIENTS

- » Nonstick vegetable cooking spray
- » 1 clove garlic, minced
- » 2 tbsp mushrooms, sliced
- » 1/2 (8-oz) can tomato sauce
- » 1/2 (14 1/2-oz) can stewed tomatoes, sliced
- » 1/2 tsp oregano leaves
- » 1/2 tbsp fresh parsley, chopped
- » 1/3 cup low-fat cottage cheese
- » 1/4 cup part-skim ricotta cheese
- » 1 tbsp grated Parmesan cheese
- » 1 egg white
- » Pinch of salt
- » Pinch of pepper
- » 3 uncooked manicotti shells
- » 2 tbsp water
- » 2 tbsp grated mozzarella cheese

Nutritional Content

Per Serving

Calories	476 cal	Cholesterol	35mg
Protein	36g	Sodium	1939mg
Carbohydrate	55g	Calories from Fat	18%
Fat	9g	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 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 minutes. Combine cottage cheese, ricotta cheese, Parmesan cheese, egg white, salt, and pepper in a bowl. Mix well. Stuff uncooked manicotti shells with cheese mixture using a small butter knife. In a small casserole dish, spread 2 tbsp 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 sprinkle water over the top. Cover dish with foil and bake for 30 minutes. Remove foil, top with grated mozzarella cheese, and bake another 5 minutes. Serves 1.