



Three Cheese Spinach Manicotti

John's recipe...My favorite dish that I usually request him to make on my Birthday or Mother's Day!

Ingredients:

- 1 (8 oz) package manicotti shells (whole grain preferred)
- 2 cups shredded part skim mozzarella cheese
- 1 cup non-fat ricotta cheese
- ¼ cup parmesan cheese
- ½ tsp minced garlic
- 1 whole egg or ¼ cup egg substitute
- 1 Tbsp dried basil
- ½ cup water
- 2 (26 oz) jars marinara sauce (low or reduced sodium preferred)
- 1 (10 oz) package frozen spinach, thawed and drained
- Non stick spray

Directions:

Preheat oven to 350°F. Spray non-stick spray on a 9x13" baking dish. In a bowl, mix 1 ½ cups mozzarella cheese, ¼ cup parmesan cheese, garlic, egg, basil, and spinach. Stuff the uncooked manicotti with the mixture. Hint: For easy stuffing, use a large freezer bag, fill it with the mixture and cut a hole in the corner. Spread 2 cups marinara sauce and ½ cup water over the bottom of the baking dish. Arrange stuffed manicotti in the dish and cover with the remaining sauce. Bake 45 minutes. Sprinkle with ½ cup mozzarella cheese and ¼ cup parmesan cheese. Bake an additional 15 minutes until cheese is melted

Serves 8

Nutrition Facts Per Serving:

Calories	300	Saturated Fat	3.5 gm	Carbohydrate	38 gm
Fat	8 gm	Sodium	410 mg	Fiber	4 gm

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