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Manicotti

Ingredients

1 (8-ounce) package manicotti

1 (15-ounce) carton part skim ricotta cheese

1 (16-ounce) carton 1% cottage cheese

1 cup part skim mozzarella cheese

¼ cup grated parmesan cheese

1 teaspoon salt

¼ teaspoon pepper

1 Tablespoon chopped fresh parsley

1 egg

2 egg whites

2½ cups marinara sauce

Makes 8 servings

Instructions

1. Boil manicotti according to package directions. Meanwhile, mix ricotta cheese, cottage cheese, mozzarella cheese, parmesan cheese, salt, pepper, parsley, egg and egg whites.

2. Drain manicotti; run cold water over it. Stuff each manicotti with cheese mixture. Place them in a 3 quart casserole and pour sauce around stuffed manicotti.

3. Cover and bake in a preheated 350° F oven fro 45 minutes. Uncover and bake for 15 more minutes.

Notes:

- This recipe may be frozen before it is baked. Simply cover with aluminum foil and freeze.

- To prepare, simply allow to thaw in the refrigerator and bake according to directions.

Nutrition Facts

Serving Size 1 manicotti
Servings Per Container 8

Amount Per Serving

Calories 300	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 55mg	**18%**
Sodium 900mg	**38%**
Total Carbohydrate 32g	**11%**
Dietary Fiber 2g	**8%**
Sugars 3g	
Protein 24g	

Vitamin A 15% • Vitamin C 10%
Calcium 35% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

27% calories from fat

Source: Cornell Cooperative Extension of Schoharie County. December 2009

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