

Spinach Cheese Manicotti

Serving Size: 1/8 of recipe

Serves: 8

Ingredients

- 1 (8 ounce) package manicotti pasta
- 1 tablespoon extra virgin olive oil
- ½ onion, diced
- ½ cup mushrooms, sliced
- 1 clove garlic, minced
- 1 large tomato, diced
- 2 tablespoons fresh basil, diced
- ½ cup low sodium vegetable broth
- 2 cups part-skim ricotta cheese
- 2 eggs, beaten
- ½ onion, diced
- ¼ cup grated Romano cheese
- 1 clove garlic, minced
- 1 teaspoon fresh thyme, chopped
- Coarse ground black pepper to taste
- 1 cup fresh spinach, chopped
- 2 tablespoons fresh basil, diced
- ¼ cup shredded mozzarella cheese

Directions

1. In a large pot, cook the manicotti in boiling water until al dente, approximately 8 minutes. Rinse with warm water and drain. Place on wax paper being careful to prevent the pasta from sticking together.
2. Heat the oil and sauté the onions until they release their flavor.
3. Add the mushrooms, garlic, tomato, 2 tablespoons basil and sauté until the tomato is soft. Stir in the vegetable broth and set aside.
4. In a large bowl combine the ricotta, eggs, onion, Romano cheese, garlic, thyme, pepper, spinach and 2 tablespoons basil. Mix well.
5. Using a pastry bag or adapted plastic bag, fill manicotti noodles with the spinach cheese mixture. Arrange the stuffed noodles in a greased 9x13 inch pan. Pour sautéed tomato mixture across the center of the shells. Sprinkle with shredded Mozzarella cheese.
6. Bake in a preheated 350 degree oven for 25 minutes, or until hot and bubbly.

Exchanges per serving:

1 Med Meat, 2 Starches, 1 Fat

Nutrients per serving:

Calories: 276

Calories from fat: 89

Total Fat: 10g

Cholesterol: 71mg

Sodium: 178mg

Total Carbohydrate: 32g

Dietary Fiber: 2g

Protein: 16g