



Schoharie County
173 South Grand St
Cobleskill, NY 12043
518.234.4303
518.296.8310
Fax: 518.234.4305
schoharie@cornell.edu

Otsego County
123 Lake St
Cooperstown, NY 13326
607.547.2536
Fax: 607.547.5180
otsego@cornell.edu

Oneonta Outreach
31 Maple St
Oneonta, NY 13820
607.433.2521
Fax: 607.436.9682

cceschoharie-otsego.org

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 - 27% calories from fat

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 for 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	



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