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



Revised July 2021

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USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.