

## Easy Manicotti

*This recipe is a good source of calcium, which keeps bones and teeth strong.*

### Ingredients:

- 1 28-ounce jar **pasta sauce**
- 1 8-ounce package **Manicotti shells** (14 shells)
- 1 **egg**
- 1 carton low-fat **Ricotta** or **Cottage Cheese** (16 ounces)
- 6 ounces shredded **low-fat mozzarella cheese**
- 1/4 cup fresh **parsley**, minced or 1 Tablespoon dry
- 1/4 teaspoon **salt**
- 1/4 teaspoon **pepper**
- 1 tablespoon **Italian seasoning**
- 1/4 teaspoon **garlic powder**

### Directions:

1. Cook pasta according to package directions and drain.
2. While pasta is cooking, beat egg in medium bowl. Add remaining ingredients and mix well.
3. Pour a little of the jarred sauce in the bottom of the pan to prevent pasta from sticking.
4. Stuff shells with filling, arrange stuffed shells in pan.
5. Pour remaining sauce evenly over pasta.
6. Bake at 350 degrees for 10-15 minutes or until bubbly throughout.
7. Let rest 10 minutes out of oven before serving.
8. Refrigerate leftovers within 2-3 hours.

### Tips:

- Add Parmesan cheese to the filling mixture.
- Add your favorite spices to sauce for additional flavor.
- Serve with a salad or vegetable for a complete meal.

<b>Nutrition Facts</b>	
Serving Size 2 filled shells (262g)	
Servings Per Container 7	
Amount Per Serving	
<b>Calories</b> 330	<b>Calories from Fat</b> 80
% Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 830mg	<b>35%</b>
<b>Total Carbohydrate</b> 44g	<b>15%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 14g	
<b>Protein</b> 20g	
Vitamin A 25%	• Vitamin C 8%
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    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Label is for cottage cheese.

Source: Adapted from recipe by Marjorie Braker, OSU Extension Service, Clackamas County. For more recipes and other resources on eating well for less, see our web site at <http://healthyrecipes.oregonstate.edu>.