Foods 11-12

**STUFFED MANICOTTI**

One recipe per unit – makes 5-6 manicotti.

½ pkg Manicotti shells (should be about 7, allows for breakage)

60 mL chopped onion (about ¼ small )

¼ pkg frozen block of spinach - thawed, chopped and squeezed to remove water (about 75 g)

5 mL chicken bouillon powder (a.k.a. soup base or stock base)

1 mL garlic powder or granulated garlic

2.5 mL basil

125 mL cottage cheese

1 med egg

15 mL fine bread crumbs

30 mL Parmesan cheese

125 mL tomato sauce

125 mL shredded Mozzarella cheese

1. Preheat oven to 350ºF (180C).
2. Cook Manicotti shells as directed on the package. (Fill a very large pot ¾ full with salted water. Bring to a full, rolling boil on high heat. Add Manicotti shells and return water to a full boil. Cook for 8-12 minutes, until tender, but still firm.) Once cooked, rinse shells with cool water in a colander to stop the cooking and make them easier to handle. Drain.
3. **Meanwhile**, lightly sauté chopped onion in a very small amount of oil until softened.
4. Mix onion with drained spinach, chicken broth powder, garlic powder, basil, cottage cheese, eggs, bread crumbs and Parmesan cheese.
5. Place filling in a clean plastic piping bag (storage or freezer type works fine) and cut off a corner to squeeze filling through. Fill Manicotti shells with spinach/cheese mixture. Arrange in a single layer in a greased casserole dish, a large loaf pan or a small cake pan.
6. Pour tomato sauce over Manicotti and sprinkle with shredded Mozzarella cheese. Cover with lid or foil and bake in pre-heated oven for 20-25 minutes.