

Easy Manicotti

7

Ingredients:

- 2 teaspoons **egg**, beaten
- 3 Tablespoons + 2 teaspoons **low-fat ricotta cheese**
- 3 Tablespoons grated **mozzarella cheese**
- 1 Tablespoon + 3/4 teaspoon minced fresh **parsley**
- 1 pinch each **salt** and **pepper**
- 3/4 teaspoon **Italian seasoning**
- 1 pinch **garlic powder**
- 1/4 cup + 2 Tablespoons **pasta sauce**
- 3 **manicotti shells**, parboiled

Makes: 3 filled shells per team for a total of 12 shells in the baking dish

Directions:

1. Preheat oven to 350 degrees F.
2. In a bowl, mix the egg, ricotta cheese, mozzarella cheese, parsley, salt, pepper, Italian seasoning and garlic powder.
3. Lightly spray the bottom of an 8" x 8" baking dish with nonstick cooking spray. Each team spread 1 Tablespoon of pasta sauce in the bottom of the dish.
4. Stuff each shell with half of the filling. Place the stuffed shells in the pan. Pour the remaining sauce evenly over the shells.
5. Bake for 10 to 15 minutes or until bubbly throughout.
6. Remove the shells from the oven and turn it off. Let the shells rest for 5 minutes before serving.

