

# Garden Vegetable Manicotti

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Unitarian Universalist Fellowship of Vero Beach, FL 2000

*1 container (10 ounce) non-fat or low-fat cottage cheese*

*1 package (10 ounce) frozen chopped spinach, thawed and squeezed dry*  
*2 cups shredded mozzarella cheese, divided*

*1 cup shredded carrot*

*1 cup shredded zucchini*

*1/4 cup Egg Beaters*

*1/4 teaspoon garlic powder*

*1/8 teaspoon pepper*

*1 package (8 ounce) manicotti shells, cooked and drained*

*1 large jar pasta sauce*

*2 tablespoons Parmesan cheese*

Preheat the oven to 350 degrees.

In a medium bowl, combine the cottage cheese, spinach, carrot, zucchini, Egg Beaters, garlic and pepper. Spoon the mixture into the manicotti shells.

Cover the bottom of 9x13x2-inch pan with a generous layer of pasta sauce. Place the filled shells in a single layer. Pour more pasta sauce over the shells. Sprinkle with the mozzarella cheese and the Parmesan cheese.

Bake, covered, for 30 to 40 minutes or until hot and bubbly. Remove the cover during the last 10 minutes of baking.

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Per Serving (excluding unknown items): 950 Calories; 61g Fat (55.4% calories from fat); 69g Protein; 41g Carbohydrate; 19g Dietary Fiber; 211mg Cholesterol; 1511mg Sodium. Exchanges: 0 Grain(Starch); 7 1/2 Lean Meat; 6 1/2 Vegetable; 7 1/2 Fat.