

Pork

Ham and Cheese Cannelloni

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Servings: 4

Preparation Time: 15 minutes

Cook time: 20 minutes

1 cup whole-milk ricotta cheese

1 cup shredded mozzarella cheese

1 large egg

1 jar (15 oz) light creamy Alfredo sauce

8 egg-roll wrappers (available in frozen Asian or refrigerated section)

8 slices deli ham

1/2 cup freshly grated Parmigiano-Reggiano cheese

Preheat oven to 400 degrees.

In a medium bowl, combine the ricotta, mozzarella and the egg.

Reserve 3/4 cup of the Alfredo sauce and spread the remaining sauce in the bottom of a 9x13-inch baking dish.

Arrange an egg-roll wrapper on a work surface. Spread 3 tablespoons of the ricotta mixture over the wrapper, cover with a slice of ham, then roll up to form a log, jelly-roll style. Repeat with the remaining wrappers and place the cannelloni, seam side down, in a single layer in the baking dish.

Spoon the reserved Alfredo Sauce over the cannelloni, top with the Parmigiano-Reggiano and bake for 20 minutes, or until golden brown and bubbly.

Per Serving (excluding unknown items): 109 Calories; 8g Fat (68.6% calories from fat); 8g Protein; 1g Carbohydrate; 0g Dietary Fiber; 78mg Cholesterol; 135mg Sodium. Exchanges: 1 Lean Meat; 1 Fat.