

Cheese and Zucchini Stuffed Manicotti

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Servings: 8

TOMATO SAUCE

*2 tablespoons olive oil
1 onion, chopped
1 red bell pepper, chopped
12 cups crushed fresh tomatoes
1 teaspoon coarse salt
1 teaspoon sugar
2 tablespoons sherry vinegar
2 cloves garlic, crushed
1/2 cup fresh basil, chopped*

MANICOTTI

*1 tablespoon olive oil;
4 cups zucchini squash, finely
chopped
32 ounces whole milk ricotta cheese
1 egg
1/4 teaspoon salt
1/2 cup Parmigiano Reggiano cheese,
grated
fresh basil, chopped
fresh mint, chopped
fresh oregano, chopped
1 package (8 ounce) manicotti shells
(fourteen shells), cooked until al dente
and drained*

Bake: 30 minutes

To make the sauce: heat the oil in a large Dutch oven. Add the onion and bell pepper. Sauté for 10 minutes.

Add the tomatoes, salt and sugar. Simmer over medium-low heat for one to two hours, until thickened. Add the remaining ingredients and cook for 5 minutes.

Preheat the oven to 375 degrees.

Heat oil in a large skillet. Add the squash and sauté until browned, about 7 minutes.

Combine the ricotta, egg, salt, cheese and herbs. Stir in the squash. Stuff the manicotti with the squash mixture.

Place the manicotti in the baking pan and cover with three cups of the sauce.. (you will have sauce left over.)

Bake for 30 minutes.

Per Serving (excluding unknown items): 259 Calories; 19g Fat (64.7% calories from fat); 15g Protein; 9g Carbohydrate; 1g Dietary Fiber; 84mg Cholesterol; 409mg Sodium. Exchanges: 2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	259
% Calories from Fat:	64.7%
% Calories from Carbohydrates:	13.0%
% Calories from Protein:	22.3%
Total Fat (g):	19g
Saturated Fat (g):	10g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	84mg
Carbohydrate (g):	9g
Dietary Fiber (g):	1g
Protein (g):	15g
Sodium (mg):	409mg
Potassium (mg):	348mg
Calcium (mg):	259mg
Iron (mg):	1mg
Zinc (mg):	2mg
Vitamin C (mg):	35mg
Vitamin A (i.u.):	1747IU
Vitamin A (r.e.):	291 1/2RE

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.5mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	38mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	259	Calories from Fat: 167
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% Daily Values*

Total Fat	19g	29%
Saturated Fat	10g	50%
Cholesterol	84mg	28%
Sodium	409mg	17%
Total Carbohydrates	9g	3%
Dietary Fiber	1g	6%
Protein	15g	
Vitamin A		35%
Vitamin C		59%
Calcium		26%
Iron		6%

* Percent Daily Values are based on a 2000 calorie diet.