
Ham Stuffed Manicotti

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 4

8 manicotti shells
1/2 teaspoon salt
1/4 cup chopped onion
2 tablespoons vegetable oil
3 cups cooked ham, ground
1 cup chopped mushrooms
3 tablespoons Parmesan cheese
CHEESE SAUCE
1/4 cup chopped green pepper
3 tablespoons butter
3 tablespoons flour
2 cups milk
1 cup Swiss cheese, shredded

Make the cheese sauce: In a small saucepan, cook the green pepper in butter until tender. Add the flour and cook for 3 minutes.

Add the milk. Cook, stirring constantly, until the mixture thickens.

Remove from the heat and add the cheese. Stir until the cheese melts.

Make the Manicotti: Cook the manicotti in boiling salted water until tender but still firm. Rinse with cold water. Drain well.

In a skillet, saute' the onion in oil until tender. Add the ham, mushrooms and cheese. Mix well.

Stuff the shells with the ham mixture. Place the shells in a greased 13x9-inch shallow casserole. Top with the cheese sauce.

Bake at 350 degrees for 30 minutes or until hot and bubbly.

Pasta

Per Serving (excluding unknown items): 551 Calories; 39g Fat (64.2% calories from fat); 33g Protein; 17g Carbohydrate; 1g Dietary Fiber; 127mg Cholesterol; 1892mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 5 1/2 Fat.