
Manicotti III

Angela Fiore

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

SHELLS

3 eggs

1 cup flour

1 cup water

1/2 teaspoon salt

FILLING AND SAUCE

16 ounces Ricotta cheese

8 ounces shredded mozzarella cheese

1 cup Parmesan cheese

tomato sauce

Make the batter: In a bowl, combine the eggs, flour, water and salt. Mix until the batter is smooth. Pour the batter onto the griddle. Cook as you would pancakes. Approximately two tablespoons of batter is needed for each shell. Do not brown. Cooking time should be about 1-1/2 minutes per side.

Cool the shells.

Make the manicotti: Preheat the oven to 350 degrees.

On each shell, place 1-1/2 tablespoons of Ricotta cheese. Sprinkle a little mozzarella and Parmesan on top.

Roll and close each shell with a toothpick.

Place the shells in a baking pan. Cover with tomato sauce.

Bake for 20 minutes.

Pasta

Per Serving (excluding unknown items): 2553 Calories; 155g Fat (55.1% calories from fat); 165g Protein; 119g Carbohydrate; 4g Dietary Fiber; 1131mg Cholesterol; 4097mg Sodium. Exchanges: 6 1/2 Grain(Starch); 21 1/2 Lean Meat; 17 1/2 Fat.