

ZUCCHINI SPINACH MANICOTTI

MAKES 4 SERVINGS

2 LARGE ZUCCHINI

1/ ½ CUPS PART-SKIM RICOTTA

1 EGG

1 CUP FROZEN SPINACH THAWED AND PATTED DRY

1 ½ CUPS REDUCED-FAT SHREDDED MOZZARELLA DIVIDED

¼ CUP GRATED PARMESAN

1/8 SALT

PINCH NUTMEG

1 CUP LOW-SUGAR TOMATO SAUCE

- 1) Preheat oven to 375F
- 2) Using a mandolin slicer, slice zucchini lengthwise into 1/8 thick slices; set aside
- 3) In a medium bowl combine ricotta, egg, spinach, ½ cup mozzarella, parmesan, salt and nutmeg.
- 4) Layer three slices of zucchini parallel to each other and so that they are slightly overlapping one another. Place a large spoonful of ricotta mixture on one end of the zucchini slices and roll up the zucchini. Place the stuffed zucchini next to each other into a lightly-greased 9x9 inch baking dish.
- 5) Pour tomato sauce over top of zucchini and sprinkle with cheese.
- 6) Bake 25 mins