

Four-Cheese Manicotti

12 manicotti, uncooked
Vegetable cooking spray
1/2 cup onion, finely chopped
3 cloves garlic, minced
1 cup mozzarella cheese, part skim milk,
grated
1/2 cup fat-free Parmesan cheese, grated
1 tsp. Italian seasoning, dried
1/2 tsp. pepper
15 oz. fat-free ricotta cheese
1 pkg. garden vegetable-flavored light cream
cheese, softened
4 oz. fat-free cream cheese, softened
1/2 10 oz. package frozen spinach, chopped,
thawed, drained, squeezed dry
27.5 oz jar reduced-fat tomato and herb
pasta sauce
Oregano sprigs (optional)

Preheat oven to 350°F. Cook pasta according to package directions, omitting salt and fat. Set aside. Coat a small nonstick skillet with vegetable cooking spray, and place over medium-high heat until hot. Add onion and garlic; sauté 3 minutes. Remove from heat and set aside.

Combine 1/2 cup mozzarella cheese, 1/4 cup Parmesan cheese, and next 5 ingredients in a bowl. Beat at medium speed of a mixer until smooth. Stir in onion mixture and spinach. Spoon mozzarella cheese mixture into cooked manicotti (about 1/3 cup per shell).

Divide 1 cup sauce evenly between 6 individual casserole dishes coated with vegetable cooking spray. Arrange 2 stuffed manicotti in each dish. Pour remaining sauce over each serving. Place dishes on a baking sheet. Cover each dish with foil and bake for 25 minutes. Sprinkle with remaining mozzarella and Parmesan cheeses; bake, uncovered, an additional 5 minutes. Garnish with oregano, if desired. Makes 6 servings.

Nutrition information per serving: calories 484; protein 36 grams; fat 14 grams; sodium 1300 mg