









Recipe For: Baked Stuffed Manicotti!









WWW.THEKITCHENEERS.COM

Grocery List:

Ingredients:

-  1 Box Manicotti
-  8 Oz. Low Fat Cottage Cheese
-  8 Oz. Ricotta Cheese
-  1 Lb. Sweet Italian Sausage
-  1 1/2 Lbs. Hamburger
-  1/2 cup Parmesan cheese
-  1 Lg. Jar Spaghetti Sauce

Inventory:

-  8"x11" pan
-  1 Mixing Bowl
-  1 Gallon Zip-Lock Bag
-  Measuring Cup
-  Aluminum Foil
-  Frying Pan
-  Kitchen Scissors
-  Kitchen Spoon












= Adult needs to help!



= Kitcheneer approved activity!

Makes 12 servings.

Cooking Directions:

-  Using your scissors, cut Italian sausage from casing
-  Brown hamburger & sausage together and drain
-  Combine both meats to spaghetti sauce in a large bowl.
-  Preheat oven to 375 degrees.
-  Mix cottage cheese, ricotta cheese, $\frac{1}{4}$ cup parmesan cheese,
-  Fill 1 gallon zip-lock bag with cheese mixture, cut $\frac{1}{2}$ inch from bottom corner and squeeze it through uncooked manicotti
-  Place stuffed manicotti in pan.
-  Cover with sauce and sprinkle with remaining parmesan cheese.
-  Cover with aluminum foil and bake at 375 degrees for about 45 minutes or until bubbly

eat smart, be smart!