



Easy Cheesy Manicotti

YIELD: 6 SERVINGS

INGREDIENTS

- ½ cup freshly grated Parmesan cheese, divided
- 2 cups low-fat cottage cheese
- ½ cup part-skim ricotta cheese
- 2 tablespoons chopped fresh parsley
- ½ teaspoon dried Italian seasoning
- ¼ teaspoon garlic powder
- 1 large egg, lightly beaten
- 12 cooked manicotti shells (cooked without salt or fat)
- 1 (15 ½ ounce) jar no-salt added spaghetti sauce

DIRECTIONS

1. Combine 1/3 cup Parmesan cheese, cottage cheese, and next 5 ingredients.
2. Stuff each shell with ¼ cup cheese mixture.
3. Arrange shells in a 13x9 inch baking dish.
4. Pour spaghetti sauce over shells.
5. Cover and bake at 375 for 25 minutes or until heated.
6. Sprinkle with remaining Parmesan cheese before serving.

Lemon-Dill Carrots

YIELD: 8 SERVINGS

INGREDIENTS

- 8 medium-size carrots, scraped and diagonally sliced
- 1 teaspoon cornstarch
- 1 tablespoon lemon juice
- 1/3 cup water
- 1 teaspoon margarine
- ½ teaspoon dried dillweed
- ¼ teaspoon grated lemon rind
- 1/8 teaspoon salt
- Fresh dillweed sprigs (optional)

DIRECTIONS

1. Arrange carrots in a vegetable steamer over boiling water. Cover; steam 2 to 3 minutes or until crisp-tender. Transfer carrots to serving bowl and keep warm.
2. Combine cornstarch and lemon juice in a small saucepan, stirring until smooth. Add water; cook over medium heat, stirring constantly, until thickened.
3. Stir in margarine and next 3 ingredients. Cook, stirring constantly, until margarine melts.
4. Pour lemon juice mixture over carrots and toss gently. Garnish with dillweed sprigs, if desired.



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