

# Zucchini Manicotti

- 1 tablespoon(s) olive oil
- 1 medium onion, chopped
- 1 medium zucchini, chopped
- 1 garlic clove, minced
- 1 3/4 cup(s) Italian stewed tomatoes
- 1 1/2 cup(s) low fat cottage cheese
- 1 cup(s) grated cheddar cheese
- 1/2 teaspoon(s) salt
- 1/8 teaspoon(s) pepper
- 3 cup(s) grated Parmesan cheese

## Directions

Cook manicotti shells according to package directions. In large skillet, heat oil. Add onion, garlic and zucchini. Cook on low heat for about 15 minutes until zucchini is tender. Cool zucchini mixture, and then add cottage cheese, cheddar cheese and 2 and 1/2 cup of the Parmesan cheese. Mix well, adding salt and pepper; stuff shells with mixture and place side by side in a greased 9x13 inches glass baking pan. Put stewed tomatoes in blender to chop tomatoes. Pour over shells. Cover and bake at 350 degrees for 25 minutes. Uncover, sprinkle remaining Parmesan cheese over top and continue baking 10-15 minutes longer. Ready in 1 hour 20 min prep

## Nutrition facts

*Calories per serving*

Kcal: 280.84 kcal

Fibers (g): 1.55g

Sodium (mg): 753.5mg

Carbs: 20.93g

Fat: 12.57g

Saturated fat (g): 7.03g

Proteins: 21.73g