

3-A-Day of Dairy (DMI-352)

3-CHEESE CHICKEN CACCIATORE MANICOTTI

*Recipe created by Chef Jack McDavid, Jack's Firehouse, Philadelphia,
on behalf of 3-A-Day™ of Dairy*

Makes 7 servings
Prep time: 20 minutes
Cook time: 45 minutes

Ingredients:

- nonstick cooking spray
- 1 box (8 ounces) manicotti
- 1 teaspoon olive oil
- 1 cup chopped onion
- 1 cup plum tomatoes (approximately 2 tomatoes), chopped
- 1 cup chopped green pepper
- 2 cloves garlic, minced
- 3 (4-ounce) boneless, skinless chicken breasts, cooked and diced
- 1 1/2 cups (6 ounces) shredded reduced-fat Mozzarella cheese
- 1 cup part-skim Ricotta cheese
- 1 egg, lightly beaten
- 3/4 cup grated Parmesan cheese, divided
- 1/2 cup fresh basil leaves, chopped
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 1 jar (26 ounces) low-sodium, fat free marinara sauce

Preheat oven to 350 degrees Fahrenheit. Spray a 13x9-inch baking pan with cooking spray; set aside. Cook manicotti 9 minutes according to package directions; rinse with cold water and drain.

Heat oil in a large skillet over medium heat. Add onion, tomato, green pepper and garlic; cook 5 minutes, stirring often, or until vegetables are softened.

In a large bowl, mix vegetables, chicken, Mozzarella, Ricotta, egg, 1/2 cup Parmesan, basil, salt and pepper until mixed. Using a small spoon, fill each manicotti with about 1/2 cup mixture.

Pour 1/2 of the marinara sauce into prepared baking pan. Arrange filled manicotti over sauce and top with remaining sauce. Sprinkle with remaining Parmesan. Bake, uncovered, for 30 minutes or until manicotti is heated through and sauce is bubbling.

Yield: 2 pieces manicotti pasta plus 2/3 cup filling, per serving

Nutrition Facts per serving for meal recipe

Calories	410
Total Fat	11 g
Saturated Fat	6 g
Cholesterol	95 mg
Sodium	770 mg
Calcium	50%
Protein	33 g
Carbohydrates	45 g
Dietary Fiber	4 g