

# Turkey & Spinach Manicotti

## Ingredients:

- 8 uncooked manicotti pasta shells
- 1/2 lb lean (at least 90%) ground turkey
- 1 medium onion, chopped (1/2 cup)
- 2 teaspoons finely chopped garlic
- 1 cup ricotta cheese
- 1 teaspoon Italian seasoning
- 1 box (10 oz) frozen organic cut spinach, thawed, squeezed to drain
- 1 1/2 cups organic pasta sauce (any flavor) or marinara sauce
- 2 tablespoons finely shredded Parmesan cheese



## Directions:

Step1: Heat oven to 375°F. Spray bottom and sides of 11x7-inch (2-quart) glass baking dish with cooking spray.

Step2: Cook pasta shells as directed on box, omitting salt. Rinse with cool water; drain well.

Step3: Spray 10-inch nonstick skillet with cooking spray. Cook turkey, onion and garlic over medium heat about 5 minutes, stirring frequently, until turkey is no longer pink. Remove from heat. Stir in ricotta cheese, Italian seasoning and spinach.

Step4: Spoon turkey mixture into shells; arrange in baking dish. Spoon marinara sauce over shells. Bake uncovered 20 to 25 minutes or until hot and bubbly. Sprinkle with Parmesan cheese.

*Recipe from LiveBetterAmerica*

