



## Three-Cheese Turkey Manicotti & Salad

Prep time: 30 min  
Cook Time: 45 min  
Serves: 6

### NUTRITION FACTS, PER SERVING:

647 calories  
34g total fat  
937mg sodium



### INGREDIENTS: **\*\* Items not included in kit**

#### **Turkey Manicotti**

- 12 uncooked manicotti shells
- Non-stick cooking spray\*\*
- Aluminum foil\*\*
- 1 lb. ground turkey
- 1 cup diced onion
- 3 oz. (2 cups) baby spinach, chopped
- 24 oz. marinara Sauce
- 1 tsp sugar\*\*
- Turkey Manicotti Spice Blend (1/2 tsp Italian seasoning, 1/4 tsp onion powder, 1/4 tsp garlic powder)
- 2 cups shredded Monterey Jack cheese
- 15 oz. part-skim ricotta cheese
- 1/2 cup parmesan cheese, divided
- 1 large egg, beaten
- 1/4 cup fresh parsley, chopped

#### **Salad**

- Lettuce
- 1 cucumber
- Shredded carrots
- Favorite salad dressing\*\*

### DIRECTIONS:

1. Preheat oven to 350 degrees. Grease a 13x9 inch casserole dish with **non-stick cooking spray**. Cook **manicotti** according to package directions. Drain and set aside to fill.
2. In a large skillet over medium heat, cook **ground turkey** and **diced onion** until meat is no longer pink. Roughly chop **2 cups baby spinach** and add to pan. Stir to combine and cook for 2 minutes until spinach is wilted. Remove from heat and stir in the **marina sauce**, **1 tsp sugar**, **Turkey Manicotti Spice Blend** and stir well to combine. Pour half of the mixture into the greased casserole dish.
3. In a large bowl, combine **1.5 cups Monterey Jack cheese** (reserving 1/2 cup of Monterey Jack for later), **ricotta cheese**, and **1/2 of the parmesan cheese**, **1 egg beaten**, and **1/4 cup chopped parsley**. Stir to combine. Stuff mixture into cooked manicotti shells with a small spoon OR by using a gallon Ziplock bag, place filling in bottom corner of bag and twist or secure with a clip to create a piping bag. Snip the bottom corner and gently squeeze filling into shells. Place filled manicotti shells in the baking dish in a single layer. Top with the **remaining turkey marina sauce** and sprinkle with **remaining parmesan cheese and 1/2 cup Monterey Jack cheese**. Cover dish with **aluminum foil** coated in **nonstick cooking spray**.
4. Bake at 350 degrees for 40 minutes or until bubbly. Remove from oven and let stand for 5 minutes before serving.
5. **Salad:** In a large bowl, toss all prepped salad ingredients with your **favorite salad dressing**.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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