**STUFFED MANICOTTI** BETH TROENDLE

10 OZ FROZEN CHOPPED SPINACH THAWED AND DRAINED

1 PINT RICOTTA CHEESE LOW FAT

8 OZ NON FAT MOZERELLA CHEESE

1 PACKAGE OF MANICOTTI SHELLS (14)

ITALIAN HERBS TO TASTE

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1 MIX DRAINED SPINACH WITH RICOTTA CHEESE

2 STUFF UNCOOKED SHELLS

3 MIX 2 CANS OF TOMATO SAUCE , 4 CANS OF WATER, 1 ONION CHOPPED, AND 5 MINCED GARLIC TOES

**IN A 12X15 BAKING PLACE STUFSFED SHELLS , POUR SAUCE OVER AND BAKE 350\* FOE**

**45 MINUTES**