



### THREE CHEESE MANICOTTI

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#### Ingredients:

Package manicotti pasta	8 ounces
Ricotta cheese	16 ounces
Shredded mozzarella cheese	6 ounces, divided
Shredded Monterey Jack cheese	6 ounces
Sour cream	2 Tbsp.
Dried bread crumbs, seasoned	1/3 cup
Chopped fresh parsley	1/4 cup
Salt and pepper	to taste
Alfredo Sauce (directions below)	

#### Procedure:

- Preheat oven to 350 degrees F (175 degrees C).
- Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente, drain.
- Meanwhile, in a large bowl, combine ricotta cheese, 4 ounces mozzarella cheese, Monterey Jack cheese, sour cream, bread crumbs, parsley and salt and pepper to taste; mix well.
- In a 9 x 13 inch baking dish, spray dish with non-stick cooking spray and cover bottom of dish with a thin film of Alfredo sauce.
- Fill each manicotti with cheese mixture and place in dish; cover with remaining sauce. Sprinkle remaining mozzarella cheese on top of sauce.
- Bake in preheated oven uncovered for 40 minutes; serve. Serves 8.

#### ALFREDO SAUCE

##### Ingredients:

Heavy whipping cream	1 pint
Butter	1/2 cup
Grated Parmesan cheese	1 1/2 cups

##### Procedure:

- In a medium saucepan combine whipping cream, butter or margarine, and grated Parmesan cheese. Cook over medium low heat until smooth. Remove from heat. Sauce will thicken upon standing.

*This recipe provides at least 20% of the daily value for calcium and may be modified for fat using lowfat or nonfat dairy products.*