

Ham and Spinach Stuffed Manicotti

Ingredients:

- 4 oz. manicotti noodles (half of an 8 oz. box)
- 1 Tbs olive oil
- 2 garlic cloves, minced
- 3 green onions, diced
- 5 oz. ham, chopped small
- 2 cup packed fresh spinach, chopped
- 3 Tbs flour
- 2 cups 1% or 2% milk
- 1 1/2 cups shredded mozzarella cheese, divided
- 2 Tbs grated parmesan cheese
- salt and pepper to taste, optional
- 1/2 to 3/4 cup pizza sauce
- basil to garnish, optional

Cook manicotti noodles according to directions. Drain and set aside.

Heat olive oil in a large skillet over medium-high heat. Add garlic and onions and cook for about 2 to 3 minutes. Add ham and spinach. Cook until spinach starts to wilt. Add flour and coat ham mixture thoroughly with flour by stirring constantly. Pour in milk, 1 cup mozzarella, and parmesan. Stir until sauce begins to thicken. Add salt and pepper to taste if desired.

Preheat oven to 350 degrees. Pipe ham and spinach mixture into each manicotti. Lay each filled manicotti in a baking dish, in a single layer. Top with pizza sauce and additional 1/2 cup mozzarella. Bake for 20 minutes and switch settings to broil. Broil for 5 minutes or until the cheese turns a beautiful golden brown. Remove from oven, garnish with basil, and enjoy!

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"One day or day one, you decide." - Anonymous