

• **Spinach Cannelloni**

• **Ingredients**

- 1 cup (250ml) fresh tomato sauce
- 600g ricotta
- 200g frozen or fresh chopped spinach,
- 2 tablespoons chopped flat-leaf parsley
- 2 tablespoons chopped basil
- 1/4 cup (20g) grated parmesan
- salt and cracked black pepper
- 15 cannelloni tubes
- 3/4 cup tomato sauce extra
- 1 cup grated low fat mozzarella

Method

1. Preheat oven to 190°C. Lightly grease a 20cm x 28cm x 4cm-high ovenproof dish.
2. Finely chop the spinach, parsley and basil.
3. Pour in 1 cup of tomato sauce, spreading evenly over base.
4. Place ricotta, spinach, parsley, basil, salt and pepper in a large bowl, and mix to combine.

5. Fill each tube with the spinach mixture. Lay tubes side by side in the dish. Spoon over extra tomato sauce to coat. Sprinkle with cheeses and bake for 25 minutes.