

THREE CHEESE CANNELLONI

1	300 g pkg. frozen chopped spinach, thawed	1
1-1/3 c.	2% Cottage Cheese	325 mL
1	egg	1
1/3 c.	grated Parmesan cheese	75 mL
4 oz.	Armstrong Mozzarella Cheese grated or cut into tiny dice	125 g
1/2	small onion, minced	1/2
2 tsp.	Dijon mustard	10 mL
3/4 tsp.	coarse black pepper	3 mL
1/4	tsp. salt	1 mL
1 tsp.	dried oregano	5 mL
1	750 mL jar Ragu Thick & Chunky Pasta Sauce: Mushrooms, Zucchini, Green Peppers, and Onions *	1
1 c.	water	250 mL
18	cannelloni tubes (pre-cooked)	18
	Armstrong Mozzarella Cheese, cut into strips or slices	

Preheat oven to 375°F (190°C). Combine first 10 ingredients in a bowl and mix well. (Make sure you squeeze the spinach tightly first to eliminate the water.)

Combine sauce and water; pour 1 c. on bottom of a sprayed shallow baking dish (about 8" x 12" or 20 x 30 cm). Stuff spinach mixture into cannelloni tubes; place tubes in a single layer on top of sauce. If there is any filling left, spoon around shells. Pour remaining sauce over top of tubes, covering completely.

Cover tightly with foil, bake about 50 minutes. Remove from oven. Discard foil. Arrange the slices or strips of Mozzarella (as much as desired) attractively over top of casserole. Return to oven for about 10 minutes.

Let stand 5 minutes before serving.

* or Ragu Thick & Chunky: Mushrooms & Onions
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MAKES: 6 servings