
Turkey & Eggplant Stuffed Manicotti

Description

A hearty main course that's perfect for family and friends gathering during the fall season.

Total time: 45 min Yield: 4 to 6 servings

Ingredients

8 oz manicotti
olive oil or nonstick cooking spray (for tray)
2 Tbsp olive oil
1 medium size onion (small diced)
5 clove garlic (minced)
16 oz ground turkey
1 medium size Japanese eggplant (small diced)
1/2 tsp salt
1/2 tsp black pepper
1 tsp Italian seasoning
1/2 tsp red pepper flakes (optional)
15 oz whole milk ricotta cheese
8 oz Italian 5 cheese blend
2 Tbsp fresh basil (finely chopped)
2 Tbsp fresh Italian parsley (finely chopped)
24 oz pasta sauce
salt (for pasta water)

Prep Time: 15 min Cooking Time: 30 min Total Time: 45 min

Instructions

Preheat oven to 350°F. Cook manicotti to box directions. Once the pasta is cooked, take them out of the water and place them on a tray lightly coat with olive oil or nonstick cooking spray. Set aside to cool. Place a large sauté pan over high heat, add olive oil, onion, garlic, ground turkey, eggplant, salt, black pepper, Italian seasoning, red pepper flakes and cook for 5 to 7 minutes more until turkey is cooked through. If any liquid is in the turkey mixture, drain well and let the mixture cool down to room temperature. Then add the mixture to a bowl along with ricotta cheese, half of the 5 cheese blend, fresh basil, parsley and mix well.

Add the blended mixture into a gallon size zip bag and cut a small hole on one end of the bag to create a piping bag, then fill all manicotti. Add half of the pasta sauce to the bottom of a oven safe dish and place the filled manicotti on top of the pasta sauce. Pour the remainder of the pasta sauce on top of the filled

manicotti and sprinkle the rest of the cheese on top. Cook for 25 to 30 minutes until the cheese is melted.

Recipe brought to you by:

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