

VEGGIE CHEESE MANICOTTI

INGREDIENTS

- 2 tablespoons of salted butter
- 1 clove garlic, minced
- 1 French shallot, chopped
- 1 teaspoon dried thyme
- 4 cups cooking cream (15%MF)
- 1 bunch of chopped basil
- 1 package of fresh spinach, chopped (227 g)
- 1/2 cup grated parmesan
- 1 package of cheese manicotti (640 g)
- pepper → *Do not use pepper if you have ulcer or pain*

PREPARATION

1. In a large saucepan, melt the butter over low heat. Add the garlic and shallot and cook for 5 minutes. Add the thyme and cream, and simmer for 10 minutes. Add the basil and spinach and continue cooking for 5 minutes. Turn off the heat, add the parmesan, stirring with a stick mixer to prevent the cheese from sticking to the bottom of the pan. Add pepper.
2. In a 13 x 9-inch (33 x 23 cm) baking dish, pour 1 cup (250 ml) of the creamy spinach sauce. Arrange the manicotti side by side in the dish and cover with the rest of the sauce. Bake in preheated 350°F (180°C) oven for 30 minutes or until manicotti are golden brown and sauce is bubbly.
3. Before serving, sprinkle with sprigs of fresh thyme, if desired. The manicotti will keep for up to 2 days in the refrigerator or up to 3 months in the freezer. If using from frozen, let thaw in the refrigerator and increase the baking time by 15 minutes.

Recipe translated from: <https://www.coupdepouce.com>

[apainintheback.org](https://www.apainintheback.org)

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