**Chicken and Vegetable Manicotti**

5 mL Olive oil

40 mL Onion, Chopped

1/2 Clove Garlic, minced

1 Chicken thigh

1/2 Carrot, grated

1 Mushroom, chopped

5 mL Basil

1 ml Oregano

1/2 mL Pepper

40 ml Cream Cheese, cubed

80 mL Ricotta Cheese

20 mL Parmesan Cheese

160 mL Pasta sauce

40 mL Mozzarella Cheese

4 Manicotti noodles

**METHOD**:

**DAY 1**

1) Put a large pot of water onto boil. Cook manicotti for 6 minutes, they will still be firm. Grease a loaf pan, both groups will be putting their manicotti in the same pan.

2) Heat olive oil in a large skillet on medium low (4). Add onions and garlic, sauté for 2 minutes until softened.

3) Add chicken and cook until no longer pink. Add carrots, mushroom, basil, oregano, and pepper. Cook for 3 more minutes.

4) Add cream cheese and stir until melted. Remove from heat and add ricotta and parmesan.

5) Using a spoon, fill shells equally with filling. Spread a thin layer of pasta sauce on the bottom of the greased loaf pan. Place manicotti noodles in the baking pan. Cover with remaining pasta sauce. Sprinkle with mozzarella.

6) Cover with foil and label with names and block.

**DAY 2**:

1) Preheat oven to 350 F. Bake for 40 minutes.