

Baked Lamb & Spinach Manicotti Bundles

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-style-lamb-chops-recipe>

Ingredients:

- 2/3 tablespoon extra-virgin olive oil
- 1 teaspoon dried rosemary
- 1/2 tablespoon dried oregano
- ground black pepper
- salt
- 1/2 onion finely chopped
- 3 baby carrots finely chopped
- 2 cloves garlic finely chopped
- 2 tablespoons tomato paste
- 3/4 cup chicken stock
- 1/4 cup white wine
- 1 pound lamb chops deboned and cut into small pieces
- 2 tablespoons parsley
- 10 ounces spinach chopped, defrosted and drained
- 1 cup ricotta cheese fresh
- 1/2 pound lasagna noodles wavy edge, cooked al dente
- 1/2 red bell pepper thinly sliced
- 1/2 cup mozzarella cheese shredded or freshly grated

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 120 milligrams
4. Fat: 30 grams
5. Fiber: 3 grams
6. Protein: 35 grams
7. SaturatedFat: 15 grams

8. Sodium: 590 milligrams

9. Sugar: 4 grams

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