

Baked Cannelloni

(44 calories for entire amount on Field Day (G))

8 cannelloni tubes
A few basil leaves, torn
2 level tbsp grated Parmesan cheese (44 calories)

For the Filling

225g fresh spinach, washed and trimmed
225g fat-free natural cottage cheese
Freshly grated nutmeg
1 egg yolk
Salt and ground black pepper

For the Sauce

425ml passata
Pinch of sweetener
1 garlic clove, crushed
Salt and ground black pepper

To make the filling put the spinach in a saucepan with 2 tablespoons of water. Cover with a lid and cook very gently over a low heat for about 5 minutes, until the leaves are limp and bright green. Drain in a colander, pressing down on top of the spinach with a saucer to squeeze out all the liquid. Chop the spinach and mix with the cottage cheese, nutmeg, egg yolk and seasoning.

Spoon the filling into the cannelloni tubes and arrange them in an ovenproof dish. Mix the passata, sweetener, garlic and seasoning together and pour over the cannelloni.

Sprinkle with basil and Parmesan cheese and bake in a preheated oven at 200°C/180°C Fan/Gas Mark 6 for about 20 minutes, until bubbling and golden brown.