**Pumpkin, Chicken and Ricotta Cannelloni**

100g pumpkin, peeled and grated  
⅛ onion, finely diced  
¼ zucchini, grated  
¼ carrot, grated  
50g chicken mince  
50g ricotta  
salt and pepper  
  
2 cannelloni sheets  
100g tomato pasta sauce  
30g grated cheese

1. Preheat your oven to 180°c.
2. In a large bowl mix the onion, grated vegetables, chicken mince and ricotta until well combined.
3. Divide the chicken and vegetable mixture between the 2 cannelloni sheets, and roll them up.
4. Spray a small baking dish with oil.
5. Put a tablespoonful of the pasta sauce in the bottom of the baking dish, place cannelloni on top.
6. Cover with the remaining pasta sauce, and sprinkle with grated cheese.
7. Bake for 25 minutes until cheese is golden brown.