



Nutrition Facts	
Per serving	
Calories 380	%DV*
Fat 16g	21%
Saturated 8g	40%
+ Trans 0g	
Carbohydrates 36g	
Fibre 0g	0%
Sugars 8g	8%
Protein 24g	
Cholesterol 80mg	
Sodium 420mg	18%
Potassium 683mg	15%
Calcium 514mg	40%
Iron 3mg	15%
*5% or less is a little, 15% or more is a lot	

Stuffed Pasta Shells

These stuffed pasta shells combine egg and cheeses in a baked dish.

Prep time: 20 minutes

Cooking time: 35 minutes

Yields: 6 servings

Ingredients

- 16 (6 oz, 250 g) jumbo pasta shells
- 2 cups (500 ml) ricotta cheese
- 1 cup (250 ml) shredded mozzarella cheese
- ½ cup (125 ml) shredded Parmesan cheese
- 1 pkg (10 oz) 300 g frozen chopped spinach, thawed and squeezed dry
- 1 egg, lightly beaten
- 1 tbsp (15 ml) Italian seasoning
- ⅛ tsp (0.5 ml) pepper
- 1 jar (650 ml) low sodium pasta sauce

Instructions

1. Preheat oven to 375° F (190° C).
2. Cook pasta shells according to package instructions. Drain and allow to cool slightly.
3. Meanwhile, mix ricotta, ½ cup (125 ml) mozzarella, ¼ cup (60 ml) Parmesan, spinach, egg, Italian seasoning and pepper in a medium bowl.
4. Spread ½ cup (125 ml) of pasta sauce in the bottom of a 9x13 inch (22x33 cm) pan.
5. Spoon about 2 tbsp (30 ml) of filling into each cooked shell and place in the pan. Pour remaining pasta sauce on top.
6. Bake for 30 minutes. Remove from oven and sprinkle remaining cheese over top. Bake for about 5 minutes or until cheese melts.

Adapted from Alberta Milk Stuffed Pasta Shells

Variations

- Use cottage cheese instead of ricotta cheese.

Tips

- ☑ Cook a few extra pasta shells as some may break during cooking.
- ☑ Do not overcook pasta shells as they will lose their shape. They should be cooked just until **al dente**, which means tender but firm.