

Easy Stuffed Pasta Shells

Makes: 8 Servings

Spinach, a mixture of low-fat cheeses, and herbs combine for a delicious filling in these stuffed shells.

Ingredients

- 1 package** frozen chopped spinach, thawed (10 ounces)
- 12 ounces** cottage cheese, low-fat (12 ounces)
- 1 1/2 cups** mozzarella, part skim shredded (save 1/2 cup for topping)
- 1 1/2 teaspoons** dried oregano
- 1/4 teaspoon** black pepper
- 1 jar** light tomato basil pasta sauce, low-sodium (26 ounces)
- 1 cup** water
- 6 ounces** pasta shells, uncooked (large)

Directions

1. Wash hands.
2. Preheat oven to 375°. Lightly coat a 13x9x2-inch baking dish with cooking spray. Set aside.
3. Drain spinach by placing in a sieve or collander over the sink, or in a bowl and pressing with a spoon to remove as much liquid as possible, or squeeze out liquid with clean hands. Place spinach in medium bowl.
4. Add the cottage cheese, 1 cup of the mozzarella cheese, oregano, and pepper to the spinach. Stir to mix thoroughly.
5. Pour half of the spaghetti sauce into prepared baking dish. Add water and stir into the mix.
6. Spoon about 3 tablespoons cheese mixture into each uncooked pasta shell and arrange in a single layer over top.
7. Sprinkle with remaining 1/2 cup mozzarella cheese evenly over sauce.

Nutrition Information

Nutrients	Amount
Calories	230
Total Fat	5 g
Saturated Fat	3 g
Cholesterol	15 mg
Sodium	320 mg
Total Carbohydrate	31 g
Dietary Fiber	3 g
Total Sugars	7 g
Added Sugars included	N/A
Protein	17 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

8. Cover tightly with foil. Bake for 1 hour or until shells are tender. Let stand 10 minutes before serving.

Notes

- Try this recipe for a potluck or make-ahead dinner. If desired, refrigerate the ready-to-bake casserole.
- To lower sodium, use reduced sodium spaghetti sauce.

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