

Recipe of the Month – January 2021

Stuffed Pasta Shells

Serves 8

Serving Size: 3 shells

Cost per Serving: \$1.35

Ingredients:

- 1 package (10 ounces) frozen chopped spinach, thawed
- 1 carton (12 ounces) cottage cheese
- 1 ½ cups shredded mozzarella cheese, divided
- 1 jar (24 ounces) spaghetti or pasta sauce
- 1 cup water
- 24 large pasta shells, uncooked

Directions:

1. Preheat oven to 375°F. Lightly coat a 13"x9"x2" baking dish with cooking spray and set aside.
2. Drain spinach by placing in a colander set over the sink or in a bowl. Press with a spoon to remove as much liquid as possible. Place spinach in medium bowl.
3. Add the cottage cheese and 1 cup of the mozzarella cheese to the spinach. Stir to combine.
4. Pour half of the spaghetti sauce into prepared baking dish. Add water and stir to mix.
5. Spoon 1-2 tablespoons cheese mixture into each uncooked pasta shell. Arrange shells in a single layer over sauce. Pour remaining sauce over top.
6. Sprinkle the remaining ½ cup mozzarella cheese evenly over sauce.
7. Cover tightly with foil. Bake for 1 hour or until shells are tender. Let stand 10 minutes before serving.

Tips:

- Make this recipe ahead. Complete steps 1-6, cover tightly, and refrigerate for up to 1 day before baking.

Nutrition Facts per Serving: 270 calories, 7g total Fat (2.5g sat. fat), 15mg.Cholesterol, 640mg Sodium, 33g Carbohydrates, 4g Fiber, 9g Sugar, 19g Protein



*Recipe compliments of Iowa State University Extension and Outreach:
Healthy & Homemade 2021 Nutrition & Fitness Calendar*



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