

Recipe of the Month – March 2024

Cauliflower and Mozzarella Stuffed Shells

Serves: 4

Serving Size: 6 stuffed shells

Cost per Serving: \$2.47

Ingredients:

- 1 packages large pasta shells
- 8 cups water, divided
- 1 large head cauliflower, chopped
- 1 1/2 cups low-fat milk, divided
- 2 cloves garlic, minced OR 2 teaspoons garlic powder 1/4 teaspoon salt
- 1/4 cup olive oil OR vegetable oil
- 1 cup mozzarella cheese, shredded
- 1 10oz frozen block of spinach, thawed and squeezed dry 1 24 oz jar tomato sauce



Directions:

1. Fill a large pot with 6 cups of water and bring to a boil. Once the water is boiling, add pasta and cook according to instructions on the box of shells.
2. Drain pasta and set aside in a baking dish. Fill the same pot with 2 cups of water and bring to a boil.
3. Place the chopped cauliflower in the boiling water and cook until the florets are soft (about 4 minutes). Drain cauliflower.
4. Place the cooked cauliflower, 1/2 cup milk, garlic, and salt in a blender and blend on high until mixture is smooth.
4. Set a saucepan on medium-low heat and heat the pasta sauce.
5. In a separate pot, heat oil on medium heat. Add the flour and whisk until the mixture is smooth. Add 1 cup of milk and cook the mixture until it bubbles and thickens. Add the cheese, cauliflower mixture, thawed spinach. Mix well.
6. Once the mixture is complete remove from heat. Carefully stuff each shell with a spoon full of the cauliflower mixture. Pour heated pasta sauce over the stuffed shells and serve.

Nutrition Facts per Serving: 600 calories, 24g total Fat (6g sat. fat),

20mg. Cholesterol, 890mg Sodium, 77g Carbohydrates, 13g Fiber, 20g Sugar, 27g Protein

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

Clermont County Extension

1000 Locust Street, PO Box 670

Owensville, OH 45160

Phone: 513-732-7070