



Recipe of the Month – February

Easy Stuffed Pasta Shells

Serves 8

Serving Size: 1 cup

Ingredients:

- 1 10 ounce package frozen chopped spinach, thawed
- 1 12 ounce carton low-fat cottage cheese
- 1 ½ cups 6 ounces shredded part-skim mozzarella cheese (save ½ cup for topping)
- ¾ tsp dried oregano
- ¾ tsp dried basil
- ¼ tsp black pepper
- 1 26 ounce jar lite pasta sauce
- 1 cup water
- 1 8 ounce package uncooked large pasta shells

Directions:

1. Preheat oven to 375°
2. Lightly coat a 13 X 9 X 2 inch baking dish with cooking spray and set aside
3. Drain spinach by placing in a sieve over the sink or over a bowl and pressing spinach to remove as much liquid as possible (or you may squeeze spinach with clean hands)
4. Place spinach in a medium bowl
5. Add the cottage cheese, 1 cup of mozzarella cheese, dried oregano, dried basil, and pepper to the spinach
6. Stir to mix thoroughly
7. Pour half of the pasta sauce into the baking dish
8. Add water and stir to mix
9. Spoon about 3 tablespoons of the cheese mixture into uncooked pasta shell
10. Arrange shells in a single layer in the baking dish
11. Pour remaining sauce over shells
12. Sprinkle the remaining cheese over the shells
13. Cover tightly with foil
14. Bake for one hour or until shells are tender
15. Let stand 10 minutes before serving

-To lower sodium, use a reduced sodium pasta sauce

NUTRITION FACTS PER SERVING: Calories 240, Total Fat 4.5g , Saturated Fat 2.5g, Trans Fat 0g, Cholesterol 15mg, Sodium 600mg, Total Carbohydrate 32g, Dietary Fiber 3g, Sugars 7g, Protein 16g