

EASY STUFFED PASTA SHELLS

INGREDIENTS

- 1 package frozen chopped spinach, thawed (10 ounces)
- 12 ounces cottage cheese, low-fat
- 1½ cups mozzarella, part skim shredded (save ½ cup for topping)
- 1½ teaspoons dried oregano
- ¼ 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. Preheat oven to 375°. Lightly coat a 13x9x2-inch baking dish with cooking spray. Set aside.
2. Drain spinach by placing in a sieve or colander over the sink and squeezing out as much liquid as possible. Place spinach in medium bowl.
3. Add the cottage cheese, 1 cup of the mozzarella cheese, oregano, and pepper to the spinach. Stir to mix thoroughly.
4. Pour half of the spaghetti sauce into prepared baking dish. Add water and stir into the mix.
5. Spoon about 3 tablespoons cheese mixture into each uncooked pasta shell and arrange in a single layer over top.
6. Sprinkle with 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.



*Recipe courtesy of U.S.
Department of Agriculture*

**Serving size: 1 cup,
⅛ of recipe**

Nutrition

Information: Calories: 250; Total fat: 7g; Saturated fat: 3g; Cholesterol: 18mg; Sodium: 334mg; Total carbohydrate: 29g; Dietary fiber: 4g; Protein: 16g.