

Stuffed Pasta Shells

Makes 6-8 Servings

- 16 large pasta shells, cooked and drained
 - 2 teaspoons Italian seasoning
 - 2 cups cottage cheese or ricotta cheese
 - ¼ Cup Parmesan cheese
 - 2 eggs
 - 1 cup cooked broccoli or drained spinach
 - 1 - 26 ounce jar pasta sauce
 - ½ Cup shredded cheese
1. Preheat oven to 375°.
 2. Cook pasta shells according to package.
 3. Drain shells, rinse in cold water. Set aside.
 4. In a bowl, mix together seasoning, cottage or ricotta cheese, Parmesan cheese, eggs and broccoli or spinach.
 5. Pour ½ cup pasta sauce in baking dish and spread.
 6. Stuff shells with vegetable/cheese mixture.
 7. Place stuffed shells side by side in dish.
 8. Carefully spoon pasta sauce over shells.
 9. Bake for 30 – 40 minutes until sauce is bubbling and heated to an internal temperature of 160°F.



Prepared by Eau Claire County Wisconsin Nutrition Education Program (WNEP). WNEP education is supported by the USDA Food Stamp Program, UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call 715/839-2300. An EEO/Affirmative Action employer, UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements