

Low Fat Stuffed Shells

Growing up, my mom always made stuffed shells. They were delicious- a family favorite. Helping her in the kitchen were memories I will never forget. I tried to recreate this childhood favorite but with a little less calories and saturated fat. I succeeded! Enjoy!

Ingredients:

8 oz	Jumbo pasta shells (about 24 shells)
1 ½ tsp	Extra virgin olive oil
1 cup	Chopped onion
20 oz	Frozen chopped spinach, thawed (2, 10 oz bags)
15 oz	Lowfat ricotta cheese
1 cup	Part-skim Mozzarella shredded cheese
1 large	Egg white
3 cups	Pasta sauce, no sugar added
1 tsp	Nutmeg
3 tbsp	Italian seasoning
1 tbsp	Garlic powder

Directions:

1. Preheat the oven to 375 degrees.
2. Prepare pasta shells as directed on the box (cook in boiling water until tender). Drain and rinse with cold water. Set aside.
3. While the pasta shells are cooking, make the filling by first squeezing all the water from the thawed spinach (wrap spinach in a paper towel or clean, dry kitchen towel, twist, and squeeze). Combine the spinach with the ricotta cheese, egg white and ½ cup of mozzarella cheese. Set aside.
4. In a medium saucepan, combine the pasta sauce, nutmeg, Italian seasoning, and garlic powder. Cook over medium heat until warm.
5. Spread 1 cup pasta sauce on the bottom of a 9x13 glass baking dish. Stuff each pasta shell with ~2 tbsp cheese filling and line them side-by-side in the 9x13. Pour the remaining pasta sauce over the shells.
6. Cover and bake for 30 minutes or until the shells are heated thoroughly. With 10 minutes left, uncover and top the shells with remaining ½ cup shredded cheese.

Servings: 6
Serving size: 4 stuffed shells

Low Fat Stuffed Shells		
Nutrition Facts		
Serving Size: 1 × 4 Stuffed Shells		
Amount Per Serving	% Daily Value*	
Calories	312.5 kcal	16 %
Total Fat	8.4 g	13 %
Saturated Fat	3.5 g	17 %
Trans Fat	0.2 g	
Cholesterol	24.1 mg	8 %
Sodium	863.3 mg	36 %
Total Carbohydrate	43.4 g	14 %
Dietary Fiber	7.8 g	31 %
Sugars	10.4 g	
Protein	18.1 g	36 %
Vitamin A	52 % • Vitamin C	15 %
Calcium	43 % • Iron	27 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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