

## Stuffed Shells Recipe

36 jumbo pasta shells (approx. 1-350g box)  
450g part-skim ricotta cheese  
2 eggs  
1 1/3 cup shredded reduced fat mozzarella cheese  
1/4 cup grated parmesan cheese  
2 tablespoons fresh parsley, chopped  
1 recipe of our Turkey Marinara Sauce or 2 jars  
(750g) low calorie pasta sauce



Cook pasta shells al dente in a large pot of water.  
Drain and rinse well. Do not over cook or the shells  
will be hard to stuff.

Combine ricotta cheese, eggs, 2/3 cup mozzarella cheese, parmesan cheese and parsley and mix  
well.

Preheat oven to 350°F.

Spray a large baking dish with nonstick cooking spray. Spread 230g of sauce evenly over the  
bottom of the baking dish. Fill each shell with about 1 tablespoon of cheese filling and place  
open side up in the baking dish. Repeat with remaining shells.

Pour remaining sauce over shells and sprinkle with remaining cheese. Cover and bake for 30  
minutes. Uncover and continue baking another 10-15 minutes or until cheese browns a little.

Makes 12 Servings

Serving size: 3 stuffed shells

### nutrients per serving

calories:	301
total fat:	9 g (26% of calories)
saturated fat	3 g
cholesterol:	37 mg
sodium	328 mg
carbohydrate:	33 g (43% of calories)
protein:	23 g (31% of calories)
fiber:	3 g