

PUMPKIN RICOTTA STUFFED SHELLS

from fruitsandveggiesmorematters.org

Serves 6 / Prep time: 30 minutes



Ingredients:

- 12 jumbo pasta shells
- 1 1/4 cups fat-free ricotta cheese
- 1 (10 oz) package frozen spinach
- 3/4 cup pumpkin puree
- 1/2 cup parmesan cheese, grated
- 1/4 tsp garlic powder
- 2 tbsp dried basil
- 1/4 tsp ground sage
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 cup pasta sauce

Directions:

1. Preheat oven to 350 degrees.
2. Cook pasta shells according to package directions. Drain and let cool.
3. Cook frozen spinach according to package directions. Drain and set aside.
4. In a medium bowl, stir together ricotta, pumpkin, spinach, parmesan, and spices.
5. Spread pasta sauce in the bottom of a baking dish. Fill each shell with about 3 tablespoons of ricotta mixture. Place shells in baking dish
6. Cover pan with foil and bake for 30 minutes. Remove foil, and bake for 15 minutes more.

Nutrition Information Per Serving:	
Calories	230
Total Fat	3g
Cholesterol	0mg
Sat. Fat	1.5g
Sodium	560mg
Carbs	35g
Fiber	5g
Protein	14g



For more information and recipes visit:



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