

# Senior Dairy Foods

## Stuffed Pasta Shells

### You'll Need:

#### **Tomato Sauce:**

- 1 large onion
- 1 clove garlic
- 2 tablespoons olive oil
- 2 16-ounce cans unsalted diced tomatoes
- 1 6-ounce can tomato paste
- 1/2 teaspoon dried oregano
- ½ teaspoon dried basil or ½ tablespoon fresh basil, chopped
- ¾ cup water
- 2 teaspoons dried basil
- 2 teaspoons sugar

### Take Out:

- Cutting board
- Knife
- Measuring spoons
- Can opener
- Spatula
- Non-stick skillet
- Medium mixing bowl
- Mixing spoon
- Large baking dish

#### **Shells:**

- 12 jumbo pasta shells, uncooked
- 1 ½ cups fat free ricotta cheese
- 1 clove garlic, minced
- 1 egg, whipped
- 1/4 cup grated parmesan cheese
- 2 tablespoons fresh parsley, snipped
- ½ cup grated parmesan cheese
- Non-stick cooking spray

*Wash your hands for at least 20 seconds with soap under warm running water.*

1. Preheat oven to 350 degrees.
2. Cook pasta shells according to the package in large pot.
3. While pasta is cooking, chopped the onion and mince the garlic. Heat a 10-inch non-stick skillet and add the olive oil. When the oil is hot, add the onion and sauté stirring frequently until onion is slightly brown. Then add the garlic and sauté an additional minute.
4. Add the tomatoes, tomato paste, water, oregano, basil and sugar. Bring to a boil, then turn heat down and simmer at least 15 minutes, stirring occasionally.
5. When shells are cooked, drain in a colander and set aside.
6. With a fork, mash the ricotta cheese in a medium bowl to a cottage cheese consistency. Mince the garlic and add to the ricotta cheese. Mix in the egg, ¼ cup parmesan cheese, and parsley.
7. Spray a large baking dish with non-stick cooking spray. Spread 1 cup of the tomato sauce in the bottom of the baking dish.

8. Stuff each cooked shell with about 2 tablespoons of the ricotta mixture. Place in the prepared baking dish.
9. Top shells with the remaining tomato sauce and the ½ cup parmesan cheese. Bake for 30 minutes or until bubbling hot. Let sit for 5 minutes before serving.

**4 servings**

**Nutrient Analysis:**

Calories: 389

Carbohydrate: 45 grams

Protein: 23 grams

Fat: 13 grams

Saturated fat: 4 grams

Cholesterol: 82 milligrams

Sodium: 822 milligrams

Fiber: 5 grams