

Stuffed Pasta Shells

Recipe of the Month November - 2014



Family favorite. Calcium-rich stuffed shells made from cottage cheese and Parmesan cheese are a meal the whole family will enjoy.

Prep Time: 30 Min

Start to Finish: 55 Min

Makes: 4 servings

INGREDIENTS

16 uncooked jumbo pasta shells
1/2 lb. lean ground turkey
1 teaspoon Italian seasoning
1/2 teaspoon fennel seed
1/4 teaspoon salt
1/4 teaspoon pepper
2 cups sliced fresh mushrooms
1 medium onion, chopped (1/2 cup)
4 cloves garlic, finely chopped
1 cup fat-free cottage cheese
1/4 cup fat-free egg product or one egg
2 cups tomato pasta sauce
1/4 cup shredded Parmesan cheese

DIRECTIONS

1. Heat oven to 350°F. Cook and drain pasta as directed on package, omitting salt.
2. Meanwhile, in 10-inch nonstick skillet, cook turkey, Italian seasoning, fennel, salt and pepper over medium heat 8 to 10 minutes, stirring occasionally, until turkey is no longer pink; remove turkey mixture from skillet.
3. In same skillet, cook mushrooms, onion and garlic over medium heat 6 to 8 minutes, stirring occasionally, until vegetables are tender. Stir turkey mixture, cottage cheese and egg product into mushroom mixture.
4. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. Spoon about 1 tablespoon turkey mixture into each pasta shell. Place in baking dish. Spoon pasta sauce over shells.
5. Cover with foil. Bake 20 to 25 minutes or until hot. Sprinkle with Parmesan cheese.

Recipe Provides: Dairy 1/2c, Fats & Oils 1tsp, Grains 1oz-equivalents, Meat & Beans 2oz-equivalents, Vegetables 1c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	470	Calories from Fat:	100
Total Fat:	11 g	Saturated Fat:	3 g	Trans fat :	0 g
Cholesterol:	45 mg	Sodium:	260 mg	Total Carbohydrate:	63 g
Dietary Fiber:	4 g	Sugars:	16 g	Protein:	31 g

This recipe is adapted from WWW.eatbetterearly.com

