



Operation Threshold WIC Recipe of the Month

January 2011

Stuffed Shells

Ingredients:

1/2 BOX	Jumbo Shells*
1 JAR	Pasta Sauce, desired flavor
1 TABLESPOON	Extra Virgin Olive Oil
1 CUP	Onion, chopped
10 OUNCES	Fresh Baby Spinach, chopped*
3 CUPS	Ricotta or Low-fat Cottage Cheese
1/2 TEASPOON	Salt
1/8 TEASPOON	Black Pepper
1/3 CUP	Mozzarella Cheese

*The Jumbo Shells and Spinach in this recipe are good sources of **follic acid!**

Cooking Instructions:

PREHEAT oven to 350°F.

COOK Jumbo Shells according to package directions; drain. Cover and set aside.

HEAT oil in large skillet over medium heat. Add onion; cook until lightly browned, stirring frequently. Add spinach and stir until wilted. Remove from heat; stir in ricotta/cottage cheese, salt, and pepper.

RESERVE 1 cup of pasta sauce; pour remainder into 9x13-inch baking dish. Fill shells with spinach mixture; place in dish. Pour remaining sauce over Jumbo Shells; cover with foil.

BAKE for 30 minutes or until thoroughly heated. Sprinkle with Mozzarella cheese; broil 3 to 5 minutes or until lightly browned.