
Vegetarian Stuffed Shells

Total time: 1 hr 15 min Yield: 6 Servings

Ingredients

12 oz jumbo pasta shells
salt
2 Tbsp extra virgin olive oil
2 tsp red chili pepper flakes
2 garlic cloves (minced)
20 oz marinara sauce
32 oz frozen spinach (defrosted and squeezed dry, chopped)
1 cup cottage cheese (low-fat, pureed in a food processor)
16 oz tofu (medium firm, mashed)
1 1/4 cup parmesan cheese (shredded, divided)
2 tsp Italian seasoning
flat-leaf parsley
watercress

Prep Time: 50 min Cooking Time: 25 min Total Time: 1 hr 15 min

Instructions

Preheat oven to 350°F. Spray a baking sheet with cooking spray and set aside. In a large pot, cook the pasta in boiling, salted water until slightly tender but not cooked through (they will finish cooking in the oven). Transfer the pasta from the pot with a slotted spoon to a baking pan to cool, spreading the shells out in a single layer, leaving space between each shell.

Heat the oil in a large pan or pot and add the red chili flakes and garlic. Sauté for about 1 minute, making sure not to brown the garlic, as that will make it bitter. Add the marinara sauce and simmer gently while you make the filling.

In a bowl, combine the spinach, cottage cheese, tofu, 1 cup Parmesan cheese and Italian seasoning; mix thoroughly.

Prepare a 9"x13" glass baking dish by drizzling some marinara sauce on the bottom. Stuff each shell with a rounded tablespoon of the spinach mixture and place into the baking dish. When all the shells are stuffed, pour the remaining sauce over the shells, then sprinkle with 1/4 cup of Parmesan cheese.

Bake in the oven for 20 to 25 minutes, until the top is golden brown. Sprinkle the parsley over the top or add a sprig of watercress for color and serve.

Recipe brought to you by:

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