



VEGETARIAN STUFFED SHELLS

Ingredients

- 1 head broccoli
- 5 oz. fresh spinach*
- 9 large pasta shells
- 12 oz. marinara sauce
- 15 oz. ricotta cheese
- 8 oz. shredded mozzarella cheese, divided in half
- 1 teaspoon oregano

*If using frozen, thaw and drain; if using canned, drain and rinse; do not cook

Directions

1. Preheat oven to 350 degrees
2. Fill a large saucepan 2/3 full of water, cover, and bring to a boil
3. In the meantime, chop broccoli into small pieces. Place in medium saucepan, cover with water, and simmer until beginning to soften
4. Add as much spinach to the pot until its full. Next, continue to add more spinach until it is cooked down. Continue until all spinach is cooked and broccoli is at desired tenderness. Drain well
5. Add 9 pasta shells to saucepan and return to a boil. Remove cover and allow to boil for 12 minutes or until desired tenderness. Remove from heat, drain carefully. Rinse with cool water. Set aside
6. In a medium bowl, add ricotta, vegetables, and the first portion of mozzarella. Mix well
7. Pour ½ cup marinara sauce into the bottom of an 8x8 pan. Stuff each shell with the veggie and cheese mixture, dividing evenly among shells. Place each into the pan
8. Pour remaining sauce over the shells. Sprinkle with oregano and remaining cheese over the shells.
9. Bake 20-25 minutes or until cheese is lightly browned. Enjoy!

COOK TIME: 25 MINUTES

SERVINGS: 3 SERVINGS

SOURCE: BARBARA

LEYDECKER, MS, RDN, LN



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STUFFED SHELLS W/ BEEF

Ingredients

- 1/2 lb. ground beef
- 1 small yellow onion, finely chopped
- 9 large pasta shells
- 12 oz. marinara sauce
- 15 oz. ricotta cheese
- 8 oz. shredded mozzarella cheese, divided in half
- 1 teaspoon oregano

Directions

1. Preheat oven to 350 degrees
2. Fill a large saucepan 2/3 full of water, cover, and bring to a boil
3. In the meantime, chop the onion. Heat skillet over medium heat and crumble ground beef into the skillet. Once beef has started to brown, add onion. Continue cooking beef until all the beef is browned and onion is translucent. Carefully drain any fat/liquid
4. Once water has begun to boil, remove cover and add 9 pasta shells and return to a boil for 12 minutes or until desired tenderness. Remove from heat, drain carefully. Rinse with cool water. Set aside
5. In a medium bowl, mix the ricotta and the first portion of mozzarella. Add beef and onions. Mix well
6. Pour 1/2 cup marinara sauce into the bottom of an 8x8 pan. Stuff each shell with the beef and cheese mixture, dividing evenly among the shells. Place each into the pan.
7. Pour remaining sauce over the shells. Sprinkle with oregano and remaining mozzarella cheese over the shells
8. Bake 20-25 minutes or until cheese is lightly browned. Enjoy!

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