



Stuffed Shells

(Makes 8 stuffed shells - Each serving = 2 stuffed shells)

8 jumbo-shell shaped pasta
1/4 cup steamed baby spinach
3/4 cup low-fat ricotta cheese
3 Tablespoons bread crumbs
2 cloves garlic
2 Tablespoons chopped parsley
4 ounces grated mozzarella cheese
1 egg

Directions:

1. In a stock pot, bring 2 quarts of water to a rolling boil.
2. Add the shell pasta and continue boiling for 12 minutes or until tender.
3. Drain the large stock pot into a colander in the sink. (Boiling water is dangerous, be sure to ask an adult for help).
4. Rinse the pasta shells with cool water.
5. Chop the steamed spinach.
6. In a medium size mixing bowl combine the ricotta cheese, bread crumbs, garlic, parsley, spinach, and mozzarella cheese, and egg.
7. Stuff each shell with 2 Tablespoons of the filling and place in a greased 8" x 8" baking pan.
8. Cover with sauce.
9. Bake in a 350 degree oven for 25 minutes or until hot and bubbly. Yum!



Homemade Pasta Sauce

(Makes 2 cups sauce)

- 1 Tablespoons olive oil
- 2 cloves garlic
- 1 small can – 6 ounces tomato paste
- 1 small can- 8 ounces tomato sauce (no salt added)
- 1 teaspoon Italian seasonings
- ¼ teaspoon red pepper flakes
- ½ cup water

Directions:

1. In a medium size fry pan, add 1 Tablespoon olive oil and turn the the heat to medium.
2. Use the garlic press and crush 2 cloves of garlic and add to the frying pan. Stir with a wooden spoon until lightly browned.
3. Add the tomato paste, tomato sauce, Italian seasonings, red pepper flakes, and water.
4. Turn the heat to simmer and stir occasionally with a wooden spoon