

Recipe of the month – March 2006

From the kitchen of Laura Pycz, RD, LDN
Registered Dietitian at Granite Medical Group

Stuffed Shells

Ingredients:

cooking spray
1 pound lean ground turkey
1 medium Vidalia onion, chopped
4 cloves garlic, minced
1 tsp. dried oregano
1 tsp. dried parsley
½ tsp. ground black pepper
1 jar prepared pasta marinara sauce
1 6-oz bag fresh spinach
1 16-oz container low-fat cottage cheese
1 cup part-skim shredded mozzarella cheese
1 16-oz box jumbo pasta shells

Directions:

1. Cook pasta according to directions on box.
2. Preheat oven to 350 degrees.
3. While pasta is cooking prepare the stuffing – heat pan over medium-high heat, coat pan lightly with cooking spray; add onion and garlic and cook for about 3-5 minutes, or until onion is tender; add ground turkey and dried oregano, parsley and pepper and cook until no longer pink (about 10 minutes); add pasta sauce and cook until heated through (about 5-10 minutes); add fresh spinach and heat just until wilted, about 3 minutes.
4. Coat oven-safe pan with cooking spray, place pasta shells in bottom of pan. Scoop approximately ¼ - 1/3 cup ground turkey mixture into each shell. Top each stuffed shell with approximately 1 Tbsp. low-fat cottage cheese and sprinkle with shredded mozzarella cheese.
5. Cover and heat in preheated oven until cheese is melted, about 10-15 minutes.

Tips and serving suggestions:

- Once the pasta shells have cooled, flip them inside out to allow for easy filling.
- To reduce the sodium, use a low-sodium pasta sauce.
- Serve the stuffed shells with steamed broccoli or a colorful garden salad for a complete and balanced meal!

Nutrition Information:

Per serving (makes 6 serving)

Calories: 403

Protein: 35g

Fat: 14g

Saturated Fat: 5.4g

Sodium: 965mg

Cholesterol: 79mg

Carbohydrate: 38g