

## Spinach-stuffed Pasta Shells

### Ingredients:

- 10-ounce package frozen chopped spinach, thawed
- 12-ounce carton low-fat cottage cheese
- 1 1/2 c. (6-ounces) shredded part-skim mozzarella cheese (save 1/2 cup for topping)
- 1 1/2 teaspoons dried oregano
- 1/4 teaspoon black pepper
- 26-ounce jar or can of spaghetti sauce
- 1 cup water
- 8-ounce package uncooked large pasta shells

### Directions:

1. Preheat oven to 375 F. Lightly coat a 13- by 9- by 2-inch baking dish with cooking spray; set aside.
2. Drain spinach and squeeze out liquid with clean hands. Place spinach in medium bowl. Add the cottage cheese, 1 cup of the mozzarella cheese, oregano and pepper to the spinach. Stir to mix thoroughly.
3. Pour half of the spaghetti sauce into prepared baking dish. Add water and stir to mix.

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### Directions Continued:

4. Spoon about 3 tablespoons of cheese mixture into each uncooked pasta shell and arrange in a single layer over sauce. Pour remaining sauce over top. Sprinkle the remaining 1/2 cup of mozzarella on top of that.
5. Cover tightly with foil. Bake for one hour or until shells are tender. Let stand 10 minutes before serving.

*Makes 8 servings. Per serving: 280 calories, 7 grams (g) fat, 37 g carbohydrate, 5 g fiber and 370 milligrams of sodium.*

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