



# Spinach and Cheese Stuffed Shells



Where service *and savings* matter.

## SERVINGS: 4

## INGREDIENTS:

## NUTRITIONALS

Nutritional analysis per serving:  
calories 410, calories from fat 100,  
total fat 11g, saturated fat 6g,  
cholesterol 30mg, sodium 1060mg,  
total carbohydrate 56g, dietary fiber  
9g, sugars 4g, protein 26g,  
vitamin A 360%, vitamin C 25%,  
calcium 60%, iron 35%

- 24 Jumbo pasta shells (6 per person)
- 1 cup Mozzarella, part-skim, shredded
- 2 Tbsp Parmesan cheese, grated
- ½ cup Food Club Ricotta Cheese, part-skim
- 4 Green onions (also called scallions or spring onions)
- 16 oz Food Club Spinach, chopped, frozen
- ½ tsp dried oregano
- 1 tsp dried basil
- Salt and pepper to taste
- 1½ cup Food Club Chunky Garden Combination Pasta Sauce
- French Bread

## DIRECTIONS:

- Preheat oven to 350 degrees
- Cook pasta shells according to package instructions.
- Thaw spinach by setting out earlier in the day or using microwave. Squeeze out excess moisture.
- Mix all ingredients, except sauce and shells.
- Fill each shell with mixture. Place shells in baking pan treated with vegetable cooking spray.
- Bake uncovered for 10-12 minutes.
- While shells are baking, heat sauce in saucepan. Spoon sauce over shells and serve with French Bread.

FOLD

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