

Italian Pasta Shells Stuffed with Spinach and Cheese

16 uncooked Jumbo shell pasta
3 cups Paul's Spicy Spaghetti Sauce, or other prepared sauce
1 15-ounce container Ricotta cheese
3/4 cup shredded Mozzarella (I used a block of low-fat and shredded it with a grater)
1/4 cup shredded Parmesan
2 teaspoons minced garlic
10-ounces frozen chopped spinach, thawed and squeezed dry
1 large egg, beaten
Ground black pepper, to taste
Salt or Mrs. Dash, to taste
Pinch of ground nutmeg
Additional shredded Mozzarella, for topping

Preheat oven to 400°F. Cook the noodles to al dente according to package directions. While the noodles are cooking, combine the Ricotta, Mozzarella, Parmesan, garlic, spinach, egg, pepper, salt or Mrs. Dash, and a pinch of nutmeg in a medium bowl.

When the noodles are done, drain the noodles, let cool a bit, then lay them on parchment or wax paper in a single layer.

Spread 1 cup of spaghetti sauce on the bottom of a 2-quart casserole dish. Stuff 1/4 cup or so of the cheese and spinach mixture into each pasta shell and place into the dish.

Pour 2 cups of spaghetti sauce over the stuffed shells. Grate additional mozzarella cheese over the top of the shells, then cover the pan with aluminum foil. Bake for 30 minutes. Uncover and turn on the broiler. Broil for about 5 to 10 minutes until cheese is bubbly.

Remove from oven and let sit for 5 minutes before serving. Serve with a green side salad and garlic bread. You can freeze the remaining shells in Ziploc bags for a quick and easy future meal.