



# Broccoli Stuffed Shells

**Yields:** *About 4 servings*

Preheat your oven to 400° and then prepare the pasta shells according to package directions. While they're boiling, combine the ricotta cheese, broccoli, mushrooms, seasonings, and 3 tablespoons of the marinara sauce in a bowl. Whisk these ingredients together until evenly mixed and set aside.

Spread about half of the remaining sauce evenly across the bottom of a shallow baking dish. This will give the shells a sauce to cook in and will also keep them from sticking to your dish.

Next, drain the cooked pasta shells and rinse them thoroughly with cool water and then shake off any excess moisture. They need to be cool enough to handle and not dripping wet.

Gently open each shell and spoon in 2-3 teaspoons of the filling. Do this carefully, as they are delicate and tend to rip easily. Once filled, place each shell upright into your baking dish. Repeat until your dish is full.

Spread the remaining sauce over the shells. Cover evenly with the mozzarella cheese and then sprinkle the Parmesan last. Bake uncovered at 400° for 25-30 minutes, or until the cheeses are melted and beginning to brown on top.

## INGREDIENTS

- 15 oz box of jumbo pasta shells
- 15 oz carton of reduced-fat ricotta cheese
- 24 oz jar of prepared marinara sauce
- 10 oz package frozen, chopped broccoli (thawed)
- 4 ounces fresh cremini mushrooms, sliced
- 1 teaspoon each fresh basil and oregano leaves (or 1/2 teaspoon each dried), finely chopped
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 cup grated, reduced-fat mozzarella cheese
- 3 tablespoons grated parmesan cheese