

SPINACH STUFFED PASTA SHELLS

INGREDIENTS

- 1 – Package of Jumbo Pasta Shells
- 1 – Jar of Pasta Sauce
- 1 – 24oz Tub of Cottage Cheese
- 1 cup Ricotta Cheese
- 1 – 8oz Package Mozzarella
- 16oz Fresh Spinach
- 1/2 cup Parmesan Cheese
- 1/2 yellow onion (minced)
- 2 Eggs (beaten)
- 3 Cloves Fresh Garlic (minced)
- 1 tsp Oregano
- 1 tsp Red Pepper Flakes
- 1 lb Ground Beef

INSTRUCTIONS

1. Sauté onion and garlic in olive oil. Add spinach and red pepper flakes and sauté until spinach is wilted.
2. Cook ground beef according to package instructions.
3. Cook pasta shells according to package instructions. Drain and spread out on a pan to keep them from sticking to one another.
4. In a mixing bowl combine cottage cheese, ricotta cheese, mozzarella cheese (save some aside for topping shells), parmesan cheese, eggs, and spinach mixture, ground beef, and oregano.

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SPINACH STUFFED PASTA SHELLS CONTINUED

INSTRUCTIONS CONTINUED

5. Cover the bottom of a 15 x 10 pan with spaghetti sauce. Carefully stuff mixture into shells and place the shells open side up into the pan right next to one another. Top with pasta sauce and mozzarella cheese.
6. Bake at 350 degrees for approximately 25-30 minutes or until bubbly.

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