

Stuffed Shells

(turkey or plant based)

6 - 2 shell servings




Ingredients

- 2, 12 oz. boxes of jumbo-sized shells (6 shells per box)
- 1 lb. ground turkey meat OR precooked canned lentils
- 32 oz. of ricotta cheese OR Tofu based ricotta
- 2 cups fresh spinach
- Optional: 1 cup low fat shredded mozzarella OR plant-based shredded mozzarella
- 1 Tbsp. minced garlic
- 1 Tbsp. olive oil
- 1 Tbsp. Italian seasoning
- salt and pepper

Directions

- 1 Boil water in a large pot. Once boiling, add shells and follow instructions on box until fully cooked. Drain, rinse and set aside.
- 2 In a medium frying pan, add the minced garlic and olive oil on a low to medium heat. Sauté until garlic becomes fragrant.
- 3 Add the turkey OR precooked lentils and sauté meat until fully cooked. For lentils, mashed gently with fork to mimic texture of ground meat.
- 4 Season meat or lentils with Italian seasoning, salt, and pepper to taste, then at the very end, add the spinach. Mix well and place lid on pan.
- 5 Cook for about 2-4 minutes until spinach softens.
- 6 Put pan aside, off heat, to cool down.
- 7 Make tofu ricotta in a separate bowl. See recipe.
- 8 Prepare a clean work surface to stuff the shells.
- 9 Take a 9 x 13-inch baking dish and add 2 tbsp of marinara sauce at the bottom.

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- 10 Grab a shell and add 1 medium sized spoonful of turkey or lentils to the shell. Then add 1 spoonful of ricotta. You can add the ricotta mixture to a plastic bag and cut a small hole at the corner to use for piping into the shells.
 - 11 Place each stuffed shell in the baking dish side by side and repeat until all the ingredients are used.
 - 12 Pour the remaining marinara sauce over the top of stuffed shells.
 - 13 Optional: Sprinkle low fat mozzarella cheese shreds or nondairy cheese shreds over pan of stuffed shells.
 - 14 Optional: Sprinkle more Italian seasoning over shells in pan.
 - 15 Place aluminum foil over pan and bake at 375 degrees for 30-35 mins. Enjoy!