



Pumpkin Ricotta Stuffed Shells



Ingredients

- 12 jumbo **pasta shells** (about 6 ounces)
- 1 ¼ cups nonfat **ricotta cheese**
- ¾ cup **pumpkin**
- ½ teaspoon **garlic powder** or 2 cloves garlic, minced
- 2 Tablespoons **basil**
- ¼ teaspoon **sage**
- ½ teaspoon **salt**
- ½ teaspoon **black pepper**
- ½ cup grated **parmesan cheese**, divided
- 1 cup **pasta sauce**

Directions

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. Preheat oven to 350 degrees F.
4. Cook pasta shells according to package directions. Drain and place each on a baking sheet to cool.
5. In a medium bowl, stir together ricotta, pumpkin, spices and all but 1 Tablespoon of the cheese. Reserve the 1 Tablespoon cheese for topping.
6. Spread pasta sauce in the bottom of a baking dish that holds all the shells in a single layer. Fill each shell with about 3 Tablespoons of pumpkin mixture and place shells close together on top of the sauce.
7. Cover pan with foil and bake for 30 minutes. Remove foil, sprinkle with remaining cheese and bake for 15 minutes more.
8. Refrigerate leftovers within 2 hours.

Notes

- Freeze unused pumpkin and add to soup, chili or pancake recipes.

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Makes: 12 Filled Shells
Prep time: 20 minutes
Cooking time: 45 minutes



Nutrition Facts

6 servings per container	
Serving size	2 shells (163g)
Amount per Serving	
Calories	210
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 15mg	5%
Sodium 560mg	24%
Total Carbohydrate 33g	12%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 177mg	15%
Iron 2mg	10%
Potassium 312mg	6%
Vitamin A 270mcg	30%
Vitamin C 2mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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