



Cheesy Veggie Stuffed Shells



Pack these pasta shells with spinach, zucchini, mushrooms and onions, then top the dish with a sugar-free jarred sauce for a quick and healthy meal! This recipe comes to us from our friends at [Produce for Kids](#).

Ingredients: (serves 6)

- 24 jumbo pasta shells, cooked according to package directions
- 2 cups part-skim ricotta cheese
- 1 cup part-skim mozzarella cheese, shredded, divided
- 1/4 cup Parmesan cheese, shredded
- 1 large egg
- 2 cups fresh spinach, chopped
- 1/3 cup onion, grated
- 1/3 cup mushrooms, finely chopped
- 1/3 cup zucchini, grated
- 2 cloves garlic, minced
- 1 jar (26 oz.) low-sodium pasta sauce

Instructions:

Together: Cook pasta shells according to package directions.

Together: Chop spinach and mushrooms, grate onion and zucchini and mince garlic.

Adult: Preheat oven to 350 degrees.

Kid: Mix ricotta, 1/2 cup mozzarella, Parmesan, egg, spinach, onion, mushrooms, zucchini and garlic in large mixing bowl.

Together: Fill each cooked pasta shell with 2 Tbsp. cheese/vegetable mixture and arrange in 13×9-inch baking dish. Top with pasta sauce and bake 30 minutes. Top with remaining 1/2 cup mozzarella and bake 5 minutes, or until cheese melts.

Food For Thought!

Fed Up is a new documentary that explores sugar's role in the childhood obesity crisis. We encourage your family to watch the preview and see the film together. Then, participate as a family in the Fed Up Challenge (starting Monday, May 12th!) to learn more about the added sugar hiding in your diet. Of course, cooking at home with your kids is a great way to cut down on sugar!

THE FED UP CHALLENGE

SUGAR FREE FOR 10 DAYS

Cooking Tip of the Week

Dairy products and whole fruits and vegetables contain naturally occurring sugar. These foods are packaged with lots of other nutrients, so they're a good choice when you're avoiding added sugar. Grab a piece of fruit next time a craving hits!

Conversation Starter

Do you think you can go 10 days without sugar? What do you think our family will learn, and how can we support each other?



“Start your week off right: Make Monday family night!”
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the Family Dinner Date each week in your inbox!