

YIELD: 4 SERVINGS

Stuffed Shells

These spinach and cheese stuffed shells are a cheese lovers dream! With 3 cheeses, spinach, and delicious aromatics, this stuffed shells recipe is the perfect vegetarian family meal.

PREP TIME

15 minutes

COOK TIME

25 minutes

TOTAL TIME

40 minutes



Ingredients

- 1-12oz box [Barilla jumbo shells](#)
- 2 Tbsp olive oil
- 4 cloves fresh garlic, minced
- 10oz bag fresh spinach leaves, roughly-chopped
- 12 oz skim-milk ricotta cheese
- 1 cup skim-milk mozzarella cheese, shredded
- 1/2 cup grated Parmesan cheese, plus more for serving
- 1 large egg
- 1/4 cup fresh basil, chopped & more for garnish
- 1/4 tsp + 1/4 tsp [kosher salt](#)
- 1/4 tsp + 1/4 tsp freshly [ground black pepper](#)
- 1 tsp [crushed red pepper flakes](#)
- 1 jar (24oz) of arrabiata sauce or any red sauce



Instructions

1. Preheat oven to 375 degrees
2. In a large pot, cook jumbo shells according to package instruction to al dente (don't over cook or they will break when filling). Drain and rise with cold water to stop the cooking. You can drizzle a little olive oil so they don't stick together.

3. In a high walled skillet over medium high heat, add olive oil. Add garlic and cook till fragrant about a minute. Add in chopped spinach, 1/4 tsp fresh ground pepper, 1/4 tsp kosher salt, and sauté till spinach begins to wilt. About 2-3 min.
4. In a large bowl add sautéed spinach mixture, mozzarella, parmesan, ricotta, egg, basil, red pepper flakes, 1/4 tsp salt and pepper, and mix together.
5. In a rectangular or circular baking dish, spread all the red sauce on the bottom in an even layer. Then stuff the shells. You can use a spoon to stuff the shells or make a piping bag for an easier less messy stuffing. Pour the filling into a gallon ziplock bag, push it all to one of the bottom corners and seal the bag. Cut the corner of the bag and squeeze to fill each shell with filling.
6. Cover with foil and bake the stuffed shells for 20 minutes. Remove foil and broil until cheese begins to bubble and brown. Keep a close eye so the cheese does not burn.
7. Carefully remove from oven and garnish with fresh basil, additional red pepper flakes (optional) and serve.



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Notes

- Use fresh mozzarella and fresh parmesan and grate them yourself. Most shredded cheese has anti-caking agents that don't allow them to melt as good.
- Cook the pasta shells al dente, so they do not fall apart when stuffing and cooking.
- You can use a spoon to stuff shells. For ease and less mess, use a ziplock bag to pipe the filling into the shells
- I use arrabbiata sauce to surround the shells, if you do not like spicy sub your favorite red sauce
- If you want to prepare in advance and freeze: Follow steps 1-5 in the recipe card. Once you have stuffed the pasta shells, place them in a freezer friendly bag. When ready to bake, proceed with the red sauce, and add 10 minutes to bake time (to total 30 minutes or until warmed through)

Nutrition Information: **YIELD:** 4 **SERVING SIZE:** 1

Amount Per Serving: CALORIES: 438 TOTAL FAT: 18g SATURATED FAT: 6g TRANS FAT: 0g
UNSATURATED FAT: 10g CHOLESTEROL: 77mg SODIUM: 728mg CARBOHYDRATES: 47g FIBER: 5g
SUGAR: 12g PROTEIN: 24g

Note: Nutrition information is an estimate. Values vary based on different brands and ingredients



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CUISINE: Italian / **CATEGORY:** Pasta/Noodles

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