

Mushroom Ricotta Stuffed Shells

A great make-ahead “Meatless Monday” family meal that adults and kids alike will enjoy! Serve with a tossed green salad or raw veggies and dip.

Makes 6 adult-sized servings

What you need:

1 - 8.8 oz box jumbo pasta shells
3 Tbsp olive oil, divided
8 oz mushrooms, chopped (about 3 cups)
1 small onion, diced
2 cloves garlic, minced
500 ml (2 cups) ricotta cheese
1 large egg, beaten
4 Tbsp chopped fresh parsley
1 Tbsp Italian seasoning
1/4 tsp grated lemon zest
Pepper to taste
650 mL jar tomato sauce
1/2 cup grated mozzarella cheese
1/4 cup grated parmesan cheese



How you prepare:

1. Cook pasta for 8 min or until al dente. Drain, toss with 1 Tbsp oil (to keep shells from sticking together) and pour out on a baking sheet and set aside.
2. Heat remaining 2 Tbsp oil in skillet over high. Add mushrooms and cook until slightly soft. Add garlic and sauté. Remove from heat and set aside.
3. Combine ricotta, egg, parsley, Italian seasoning, lemon zest and pepper in a bowl and stir until mixed. Add reserved mushroom mixture and stir. Divide filling between shells. Spread two-thirds of tomato sauce in the bottom of a 9 x 13 in. casserole dish. Place stuffed shells in dish in rows. Spoon remaining one-third of tomato sauce over shells and sprinkle with cheese.
4. Bake at 350F for 35 min or until sauce is melted. (**Note:** You can freeze this casserole unbaked and then defrost fully and bake at 350F for 35 minutes.)

Per serving:

Calories 465; Carbohydrates 44 g; Protein 22.1 g; Fat 22.6 g; Dietary Fiber 4 g

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