

Stuffed Shells with Winter Squash

Items Needed: soup pot, large sautee pan, colander, mixing bowl, 9x13 baking dish, blender.

Serves: 6-8

Ingredients:

- 1 box of large shells
- 6-8 oz part skim ricotta cheese
- ½ cup parmesan cheese
- 1 (15 oz. can) cannellini beans, (drained and rinsed.)
- 3-4 cups chopped kale or spinach
- 2 tsp olive oil
- 1 egg
- 1 small onion, small dice
- 2 cloves garlic, minced
- 1 sprig of fresh thyme or ½ tsp dried herbs (thyme or oregano.)
- 1 cup pasta water reserved
- 2 cups of pureed winter squash
- ¼ cup nutritional yeast

Directions:

1. Prepare squash by roasting halves in 400 degree oven, cut side down, or peel and dice for a quicker roasting time. Cook until softened through and easily smashed.
2. While squash is roasting, cook large shells according to the package. Drain from the pasta water and reserve 1 cup for the butternut squash sauce.
3. In your mixing bowl, combine the ricotta cheese, cannellini beans (I like to give these a smash in the bowl with the back of a fork,) parmesan cheese, egg, herbs and a sprinkle of salt and pepper.
4. Add the oil to your saute pan and bring to medium heat, saute the onions and garlic until softened. Add the Kale and cook until wilted down and soft. Add the sauteed veggies to the ricotta cheese mix and mix until everything is evenly combined throughout.



5. To make the squash sauce, add 2 cups of smashed squash to a blender with 1 cup of the reserved pasta water, the nutritional yeast and a pinch of salt and pepper. Blend until smooth and creamy.
6. Pour ½ of the squash sauce in the bottom of your baking dish and take the shells one at a time and fill with the ricotta mix. Drizzle the top with the remaining sauce mix, sprinkle with remaining cheese and bake in a 400 degree oven for 20-25 minutes or until the cheese has started to brown slightly and the shells are bubbly.
7. Let cool for 5-10 minutes and enjoy!

Nutrition Information (per 1/6 recipe):

Calories: 377 Fat: 7.6 g Carbs: 60.2 g Protein: 20.3 g Fiber: 6.7 g Sodium: 335 mg

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