

## **Cheese Stuffed Pasta Shells with Tomato and Basil Sauce**



Serves 6

### **Ingredients:**

- 425 g fat-free ricotta cheese
- 1 cup grated Parmesan cheese, divided
- 2 eggs
- ½ cup finely chopped parsley leaves, divided
- 2 cloves garlic, minced
- Salt and pepper to taste
- 24 jumbo pasta shells, cooked
- Tomato and Basil sauce

**Procedure:**

- Mix ricotta,  $\frac{3}{4}$  cup Parmesan cheese, eggs,  $\frac{1}{4}$  cup parsley, garlic, salt and pepper.
- Stuff shells with mixture and arrange in baking pan.
- Spoon Tomato and Basil sauce over shells.
- Bake covered, until hot through, 20 to 30 minutes.
- Sprinkle with combined remaining  $\frac{1}{4}$  cup Parmesan cheese and  $\frac{1}{4}$  cup parsley before serving.

**Per serving:**

- Calories: 356
- Protein: 26 gm
- Carbohydrates: 44 gm
- Fat: 10 gm