

Spinach-Stuffed Shells

Linda McIntosh - Tyler, TX
Southern Living - 1987 Annual Recipes

Servings: 8

vegetable cooking spray
1 small onion, diced
2 cans (14-1/2 ounce ea) no-salt-added whole tomatoes, undrained and chopped
1 can (6 ounce) no-salt-added tomato paste
1 can (8 ounce) no-salt-added tomato sauce
2 teaspoons brown sugar
1/2 teaspoon salt
1/4 teaspoon pepper
1 teaspoon dried whole oregano
24 jumbo macaroni shells, uncooked
2 packages (10 ounce ea) frozen chopped spinach, thawed and drained
1 container (16 ounce) 1% low-fat cottage cheese
1 cup (4 ounces) shredded 40% less-fat mozzarella cheese
1/4 teaspoon pepper

Place a large saucepan over medium heat until hot. Coat with cooking spray. Sauté the onion until tender.

Add the tomatoes, tomato paste, tomato sauce, brown sugar, salt, pepper and oregano. Stir well. Bring to a boil. Cover. Reduce the heat and simmer for 20 minutes, stirring occasionally.

Cook the shells according to package directions, omitting the salt. Drain.

Drain the spinach: press between layers of paper towels. In a bowl, combine the spinach, cottage cheese, mozzarella cheese and pepper. Stir well. Fill each shell with two tablespoons of the spinach mixture.

Spoon 1/4 cup of sauce into each of 8 ovenproof containers or microwave-safe containers. Place three filled shells in each container. Top with 1/4 cup of sauce. Cover with heavy-duty plastic wrap, removing as much air as possible. Then cover with heavy-duty aluminum foil. Freeze.

To heat frozen shells in an ovenproof container, remove the foil and plastic wrap. recover the dish with foil. Bake at 350 degrees for one hour and 10 to 15 minutes or until heated.

To heat frozen shells in a microwave-safe container, remove the foil and vent the plastic wrap on one side. Microwave on HIGH for 5 to 7 minutes or until heated, rotating the container one-half turn after 2-1/2 to 3-1/2 minutes.

Per Serving (excluding unknown items): 42 Calories; trace Fat (7.7% calories from fat); 4g Protein; 8g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 221mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.

Pasta, Vegetarian

Calories (kcal): 42
% Calories from Fat: 7.7%
% Calories from Carbohydrates: 62.5%
% Calories from Protein: 29.8%
Total Fat (g): trace
Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 8g
Dietary Fiber (g): 4g
Protein (g): 4g
Sodium (mg): 221mg
Potassium (mg): 459mg
Calcium (mg): 142mg
Iron (mg): 3mg
Zinc (mg): 1mg
Vitamin C (mg): 33mg
Vitamin A (i.u.): 9003IU
Vitamin A (r.e.): 899 1/2RE

Vitamin B6 (mg): .2mg
Vitamin B12 (mcg): 0mcg
Thiamin B1 (mg): .1mg
Riboflavin B2 (mg): .2mg
Folacin (mcg): 141mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Daily Values: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 42 **Calories from Fat:** 3

% Daily Values*

Total Fat	trace	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	221mg	9%
Total Carbohydrates	8g	3%
Dietary Fiber	4g	16%
Protein	4g	
Vitamin A		180%
Vitamin C		54%
Calcium		14%
Iron		15%

* Percent Daily Values are based on a 2000 calorie diet.