

Stuffed Jumbo Shells

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Servings: 6

1/2 box Barilla jumbo shells
1 jar marinara sauce
1 tablespoon extra-virgin olive oil
1 container (15 ounce) ricotta cheese
2 cups shredded mozzarella cheese,
divided
3/4 cup grated Parmesan cheese,
divided
10 basil leaves, julienned
salt (to taste)
pepper (to taste)

Preheat the oven to 350 degrees.

Bring a large pot of water to a boil. Cook the shells according to package directions. Drain. Toss with olive oil. Place on a baking tray to cool.

Spray a 13x9-inch glass baking dish with cooking spray. Spread one cup of the marinara sauce in the dish.

In a large bowl, combine the ricotta, 1-1/2 cups of mozzarella and 1/2 cup of the parmesan. Season with salt and pepper.

Fill each cooked shell with equal amounts of the ricotta mixture. Arrange the filled shells in the dish, opening side up. Top with the remaining marinara and cheeses.

Bake, covered with foil, for 30 minutes. Uncover and continue baking for 5 minutes.

Remove from the oven. Top with fresh basil. Cool for 5 minutes before serving.

Per Serving (excluding unknown items): 281 Calories; 21g Fat (66.5% calories from fat); 18g Protein; 6g Carbohydrate; 1g Dietary Fiber; 62mg Cholesterol; 549mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 2 1/2 Fat.

Pasta

Per Serving Nutritional Analysis

% Calories from Fat:	66.5%
% Calories from Carbohydrates:	8.5%
% Calories from Protein:	25.0%
Total Fat (g):	21g
Saturated Fat (g):	12g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	62mg
Carbohydrate (g):	6g
Dietary Fiber (g):	1g
Protein (g):	18g
Sodium (mg):	549mg
Potassium (mg):	209mg
Calcium (mg):	450mg
Iron (mg):	1mg
Zinc (mg):	2mg
Vitamin C (mg):	3mg
Vitamin A (i.u.):	801IU
Vitamin A (r.e.):	203RE

Vitamin B12 (mcg):	.6mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	13mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 281 Calories from Fat: 187

		% Daily Values*
Total Fat	21g	32%
Saturated Fat	12g	58%
Cholesterol	62mg	21%
Sodium	549mg	23%
Total Carbohydrates	6g	2%
Dietary Fiber	1g	3%
Protein	18g	
Vitamin A		16%
Vitamin C		6%
Calcium		45%
Iron		4%

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