



Pumpkin Ricotta Stuffed Shells

Ingredients

- 12 jumbo pasta shells (about 6 ounces)
- 1 1/4 cups nonfat ricotta cheese
- 3/4 cup pumpkin
- 1/2 teaspoon garlic powder or 2 cloves garlic, minced
- 2 Tablespoons basil
- 1/4 teaspoon sage
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup grated parmesan cheese, divided
- 1 cup pasta sauce

Nutrition Facts

Serving size:	2 Shells
Servings per container:	6
Calories.....	210
Fat.....	3g
Saturated fat.....	1.5g
Cholesterol.....	15mg
Sodium.....	560mg
Carbohydrate.....	33g
Fiber.....	1g
Protein.....	11g
Calcium.....	177mg
Iron.....	2mg
Vitamin C.....	2mg

**Recipe provided
by: Food Hero,
Oregon State
University**

Directions Wash hands and all food preparation surfaces.

1. Preheat oven to 350 degrees F.
2. Cook pasta shells according to package directions. Drain and place each on a baking sheet to cool.
3. In a medium bowl, stir together ricotta, pumpkin, spices, and all but 1 Tablespoon of parmesan cheese. Reserve this for the topping.
4. Spread pasta sauce in the bottom of a baking dish that holds all the shells in a single layer. Fill each shell with about 3 Tablespoons of pumpkin mixture and place shells together on top of the sauce.
5. Cover pan with foil and bake for 30 minutes. Remove foil, sprinkle with remaining parmesan cheese and bake for 15 minutes more.
6. Refrigerate leftovers within 2 hours.

Notes

- Freeze unused pumpkin and add to soup, chili or pancake recipes.

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