

Treasure Barrel

Spinach and Ricotta Stuffed Shells – Easy Healthy Dinner

20 min Prep time	**35 min** Cook time	**55 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 12 jumbo pasta shells
- [ ] 3 cups fresh spinach, roughly chopped
- [ ] 1½ cups ricotta cheese
- [ ] 1 cup shredded mozzarella cheese
- [ ] ½ cup grated Parmesan cheese
- [ ] 2 cloves garlic, minced
- [ ] 1 egg, lightly beaten
- [ ] ¼ teaspoon freshly grated nutmeg
- [ ] Salt and freshly ground black pepper to taste

Sauce

- [ ] 2 cups marinara sauce
- [ ] ½ cup water
- [ ] 1 tablespoon olive oil
- [ ] A pinch of red pepper flakes (optional)

Instructions

1. Preheat the oven to 375°F (190°C). Lightly grease a 9×13-inch baking dish.
2. In a skillet, heat olive oil over medium heat. Add garlic, sauté until fragrant, then toss in the spinach and cook until just wilted. Remove from heat and let cool slightly.
3. In a bowl, combine ricotta, egg, Parmesan, nutmeg, salt, pepper, and the cooked spinach mixture. Mix until smooth.
4. Cook the pasta shells in boiling salted water until al dente, about 8 minutes. Drain and set aside.
5. Stuff each shell with a generous spoonful of the ricotta-spinach filling, arranging them in the prepared baking dish.
6. Mix marinara sauce with water and red pepper flakes; pour over the stuffed shells, ensuring they're well covered.
7. Sprinkle the top with shredded mozzarella. Cover with foil and bake for 20 minutes, then remove foil and bake another 10-15 minutes until bubbly and golden.
8. Let the dish rest for 5 minutes before serving. Enjoy the warm, comforting flavors.

Nutrition per serving

420 kcal	22 g	45 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce seems thick, add a splash more water before baking.
- For extra depth, stir in a tablespoon of beef stuffed shells sauce into the marinara.
- A quick crumble of feta just before serving adds a pleasant tang.