

Prisett's Stuffed Shells

Italian and feel good about it! Try Muscle & Fitness' healthy spin on a classic pasta dish.

by [Queen/ZUMA Press](#)

Serves: 3
servings of 4
shells each

Prep Time:

Cook Time:

Nutrition Score per serving:

Calories	450	g Protein	29
g Fat	6	% Protein	26%
% Fat	12%	g Fiber	9
g Carbs	69	mg Sodium	
% Carbs	61%	g Calcium	

Ingredients

12 jumbo [pasta](#) shells (a little over 4 oz. uncooked weight)
8 oz. package frozen, chopped spinach, defrosted
1 and 1/2 cups fat-free ricotta cheese
4 oz. finely shredded low-fat mozzarella cheese (about 1 and 1/2 cups)
1/4 cup grated fat-free Parmesan cheese
2 Tbsp. dried parsley
2 egg whites
1/2 tsp. salt
2 cups low-fat marinara sauce, divided

Directions

Doctor's orders: Be sure to use low-fat or fat-free marinara sauce. Check labels. Some pasta sauces have added oil, which ups the fat content of the meal.

Cook shells according to package directions. Preheat oven to 350 degrees F. Using your hands, squeeze as much water as possible from the defrosted spinach. (Otherwise the finished product will be runny, not rich-tasting. You'll be left with about a fourth of the original volume of the spinach.) Place it in a large bowl and mix in the cheeses, parsley, egg whites and salt until well combined.

Spoon 1 cup of the marinara sauce into the bottom of an 8x8-inch (or slightly larger) [baking dish](#). Spoon as much filling as possible into each shell, then place them open side up in the baking dish. Drizzle the remaining 1 cup sauce over the top. Cover with foil and place in oven. Bake 45 minutes or until the shells are hot all the way through.