

Creamy Spinach Ham and Cheese Stuffed Shells

Ingredients

SAUCE

2 tbsp. olive oil

1 small onion, diced

4 garlic cloves, minced

28 oz of crushed tomatoes

$\frac{1}{4}$ tsp. kosher salt

$\frac{1}{4}$ tsp. ground pepper

2 tbsp. of Italian seasoning

SHELLS

24 jumbo pasta shells

8 oz of spinach, chopped

$\frac{3}{4}$ cup of diced ham

2 garlic cloves, minced

$\frac{1}{4}$ tsp. of ground pepper

1 cup of part-skim ricotta cheese

$\frac{1}{2}$ cup of grated parmesan cheese

Instructions

To prepare the sauce:

Heat oil in a large pot over medium heat. Add garlic and onion and cook, stirring for 15 minutes. Add tomatoes, Italian seasoning, salt and pepper, bring to a boil. Reduce heat to simmer, stirring occasionally, for 15 minutes. Set aside.

To prepare the shells:

Cook shells in boiling water for about 10 minutes. Don't cook all the way. Drain and rinse with cold water. Let cool.

In a medium bowl, mix ricotta, ham, garlic, spinach, parmesan cheese, salt and pepper together and set aside.

Reserve half of the sauce and pour the rest into a 13×9 baking dish.

Stuff each shell with a heaping tbsp. of the cheese mixture and line them up side by side in the pan.

Pour the remaining sauce over the shells. Spray a piece of tinfoil with non-stick spray, cover and cook on the upper rack of the grill for 20 minutes. Serving size: 3 shells.

source:coolhomerecipes.com