

Spinach Stuffed Shells

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving Size: 2 pieces

Ingredients	Quantity	Measure
Large pasta shells	24	each
Baby spinach	2	pounds
Onion, medium chopped	1	cup
Garlic, minced	¼	cup
Roma tomatoes	3	cups
Non-dairy mozzarella cheese, divided, optional	2	cups
Salt	½	teaspoon
Black pepper	½	teaspoon
Olive oil	1	tablespoon
Marinara	2	cups
Tofu ricotta		
Tofu, firm	14	ounces
Fresh lemon juice	1	tablespoon
Garlic powder	1	tablespoon
Salt	½	teaspoon
Oregano, dried	1	teaspoon
Basil, dried	1	teaspoon
Extra virgin olive oil	1	tablespoon

Preparation

1. Drain tofu and pat dry to remove excess liquid.
2. To prepare the tofu ricotta, add tofu, lemon juice, garlic powder, oregano, basil, extra virgin olive oil, and salt to a blender. Blend until smooth and set aside until step 7.
3. Cook pasta shells according to package. Cool and set aside.
4. Heat olive oil in a skillet.
5. Add onions and garlic. Sauté for 2 minutes.
6. Add tomatoes, spinach, salt, and black pepper to the onions and garlic. Cook for 2 minutes, until vegetables are tender. Drain to remove the excess liquid from the tomatoes.
7. Stir in 1 cup of dairy-free mozzarella (if using) and tofu ricotta into the spinach mixture.
8. Put a large tablespoon of spinach mixture in each shell.
9. Top stuffed shells with marinara and mozzarella (if using).
10. Bake at 375 degrees for 10 minutes.

Nutrition Information

per serving *From USDA Nutrient Database

Calories: 256 Total Fat: 8.6g Saturated Fat: 2g Monounsaturated Fat: 1.5g Polyunsaturated Fat: 1.4g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 37g Fiber: 5.6g Total Sugar: 6.2g Protein: 11g Sodium: 623mg Vitamin A: 390µg Vitamin C: 31mg Calcium: 177mg Iron: 4mg Folate: 168µg



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