



Pumpkin Ricotta Stuffed Shells



Makes: 12 servings

Total Cost: \$\$\$\$

Cook Time: 45 minutes

Preparation Time: 20 minutes

Welcome the flavors of fall with these pumpkin ricotta stuffed shells! Rich in vitamins, minerals, and antioxidants, pumpkin adds a nutritious twist to traditional stuffed shells.

Ingredients

- 6 ounces jumbo pasta shells (about 12 jumbo pasta shells)
- 1 1/4 cups ricotta cheese, part skim
- 3/4 cup pumpkin

- 1/2 teaspoon garlic powder (or 2 cloves garlic, minced)
- 2 tablespoons basil
- 1/4 teaspoon sage, dried
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup grated parmesan cheese, divided
- 1 cup spaghetti sauce (low sodium)

Directions

1. Wash hands with soap and water.
2. Preheat oven to 350 °F.
3. Cook pasta shells according to package directions. Drain and place each on a baking sheet to cool.
4. In a medium bowl, stir together ricotta, pumpkin, spices, and all but 1 tablespoon of the cheese. Reserve the 1 tablespoon cheese for topping.
5. 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 close together on top of the sauce.
6. Cover pan with foil and bake for 30 minutes. Remove foil, sprinkle with remaining cheese, and bake for 15 minutes more.

Notes

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

Learn more about:

- [Pumpkins](#)
- [Herbs](#)

Source:

Food Hero

Oregon State University Cooperative Extension Service




Nutrition Information

Serving Size: 1 Stuffed Shell

Nutrients	Amount
Total Calories	128
Total Fat	4 g
Saturated Fat	2 g
Cholesterol	11 mg
Sodium	211 mg
Carbohydrates	17 g
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	0 g
Protein	7 g
Vitamin D	0 mcg
Calcium	121 mg
Iron	1 mg
Potassium	157 mg

MyPlate Food Groups



 Vegetables
 Grains
 Dairy

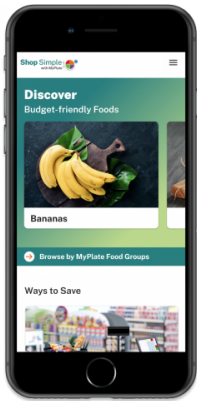
1/4 cups

1/2 ounces

1/4 cups

N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change as data is updated



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