

Zucchini Bread Recipes

Spinach and Ricotta Stuffed Shells – Healthy Veggie Dinner

20 min Prep time	**30 min** Cook time	**50 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Filling

- [ ] 12 jumbo pasta shells
- [ ] 4 cups fresh spinach, roughly chopped
- [ ] 1 cup ricotta cheese
- [ ] ½ cup grated Parmesan
- [ ] 1 egg, lightly beaten
- [ ] 1 garlic clove, minced
- [ ] Zest of 1 lemon
- [ ] Salt and pepper to taste

Sauce & Topping

- [ ] 2 cups marinara sauce (look for low-sodium)
- [ ] 1½ cups shredded mozzarella
- [ ] 2 tbsp olive oil
- [ ] Fresh basil leaves for garnish

Instructions

1. Preheat the oven to 375°F (190°C). Bring a large pot of salted water to a boil, add the shells and cook until just al dente, about 8 minutes; drain and set aside.



2. In a skillet, heat a drizzle of olive oil over medium heat, add garlic and spinach, sauté until wilted, then remove from heat and let cool slightly.

3. In a bowl, combine ricotta, Parmesan, egg, lemon zest, cooked spinach, and season with salt and pepper; stir until smooth.



4. Spread a thin layer of marinara in the bottom of a baking dish, gently stuff each shell with the ricotta mixture, place them seam-side up, and cover with the remaining sauce.

5. Top generously with mozzarella, drizzle olive oil, and bake for 20-25 minutes until the cheese is bubbly and golden. Let rest 5 minutes before serving.



Nutrition per serving

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

Tips & notes

- If the sauce looks thick, thin it with a splash of water before baking.
- For extra flavor, add a pinch of nutmeg to the ricotta mixture.
- Serve with a side of garlic-bread for a heartier meal.