

## Pumpkin ricotta stuffed shells



Recipe credit

Pumpkin Ricotta Stuffed Shells from Food Hero, Oregon State University,  
Cooperative Extension Service

### **About this recipe**

Serves

12

Serving size

1 stuffed shell

Time to make

Cook time: 45 minutes; Preparation time: 20 minutes

# Ingredients

- 12 jumbo pasta shells (about 6 ounces)
- 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 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 degrees 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.
7. Refrigerate leftovers within 2 hours.

# Tips and variations

- Freeze unused pumpkin and add to soup, chili or pancake recipes.
- Learn more about pumpkin.

## Nutritional info

Calories

103

Total fat

4 g

Saturated fat

2 g

Cholesterol

11 mg

Sodium

211 mg

Total carbohydrates

12 g

Dietary fiber

1 g

Protein

6 g

Total sugar

2 g

Allergens

Dairy

Wheat

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