

Plate Dream

Spinach and Ricotta Stuffed Shells – Easy Healthy Dinner

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

Ingredients

Main Ingredients

- [ ] 12 large pasta shells
- [ ] 2 cups fresh spinach, roughly chopped
- [ ] 1 cup ricotta cheese
- [ ] 1/2 cup grated Parmesan
- [ ] 1 egg, lightly beaten
- [ ] 2 cloves garlic, minced
- [ ] 1/2 cup onion, finely diced
- [ ] 2 cups marinara sauce
- [ ] 2 tbsp olive oil
- [ ] 1 tbsp fresh basil, torn

Seasoning

- [ ] Salt and freshly ground black pepper to taste
- [ ] Pinch of nutmeg
- [ ] Juice of 1/2 lemon

Instructions

1. Preheat the oven to 375°F (190°C). Cook the pasta shells in salted boiling water until just al dente, about 7 minutes; drain and set aside.
2. In a skillet, heat olive oil over medium heat. Add garlic and onion, sauté until fragrant, then stir in the spinach until wilted; remove from heat and let cool slightly.
3. In a bowl, combine ricotta, Parmesan, egg, nutmeg, lemon juice, and the cooled spinach mixture. Season with salt and pepper; mix until smooth.
4. Stuff each shell with about 1-2 tbsp of the ricotta-spinach filling and place them seam-side up in a baking dish.
5. Pour marinara sauce evenly over the shells, sprinkle with extra Parmesan, and cover with foil. Bake for 20 minutes, then remove foil and bake an additional 10 minutes until bubbly and golden.

Nutrition per serving

420 kcal	22 g	45 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a richer sauce, stir in a splash of heavy cream after simmering (optional).
- A quick garnish of toasted pine nuts adds a pleasant crunch.
- If you like a bit of heat, a pinch of red pepper flakes in the sauce works wonderfully.