

Pasta- Stuffed Shells

Marinara Sauce

2 teaspoons olive oil
1 tablespoon minced garlic
1 can (28 ounces) crushed tomatoes
½ cup water
½ teaspoon dried basil leaves
¼ teaspoon salt

Stuffing

1 can (19 ounces) chick peas, rinsed and drained
Whites from 2 large eggs
1 small onion, quartered
1 container (15 ounces) fat-free ricotta cheese
1 cup loosely packed parsley leaves
1/3 cup grated Romano or Parmesan Cheese
¼ teaspoon each ground nutmeg and salt
30 jumbo size pasta shells, freshly cooked and drained
¾ cup shredded part skim mozzarella cheese
3 tablespoons Romano or Parmesan cheese

1. Marinara Sauce– Heat oil in a 2 quart saucepan. Add garlic and cook 1 to 2 minutes until aromatic. Stir in remaining ingredients and simmer uncovered 20 minutes or until slightly thickened.
2. Stuffing– Process chick-peas and egg whites in blender or food processor until smooth. Add remaining stuffing ingredients. Process until onion is finely chopped and mixture is well blended.
3. To assemble, heat oven to 350 degrees. Spread 1 cup Marinara Sauce over bottom of baking dish. Spoon scant 2 tablespoons stuffing into each shell. Arrange on sauce in single layer, Stuffing side up. Top with remaining sauce.
4. Bake 30 minutes or until sauce bubbles. Sprinkle with cheeses and bake 5 minutes longer or until cheese melts.

Serves 10. Per serving: 270 calories, 17 g protein, 37 g carbohydrates, 5 g fat, 9 mg cholesterol, 456 mg sodium.
Exchanges: 2 starch/bread, 1 vegetable, 1 ½ lean meat.