



# Cauliflower & Mozzarella Stuffed Shells

Servings 4 | Prep time 15 mins. | Total time 40 mins.

**Equipment:** Measuring Cups and Spoons, Medium Bowl, Medium/Large Pot, Large Casserole Dish/Serving Plate, Blender/Food Processor, Small Sauce Pot/Microwave-Safe Bowl

**Utensils:** Mixing/Stirring Spoon, Fork or Whisk, Spoon, Knife

## Ingredients

- 1 package large pasta shells (about 24 shells)
- 8 cups water, divided
- 1 large head cauliflower, chopped
- 1 ½ cups non-fat milk, divided
- 2 teaspoons garlic powder
- ¼ teaspoon salt
- ¼ cup olive or vegetable oil
- ¼ cup whole wheat flour
- 1 cup mozzarella cheese, shredded
- 1 10 ounce frozen block of spinach, thawed and squeezed dry
- 1 24 ounce jar of pasta sauce

## Nutritional Information:

Calories 600  
Total Fat 24g  
Sodium 890mg  
Total Carbs 77g  
Protein 27g

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Fill a large pot with 6 cups of water and bring to a boil. Once the water is boiling, add pasta and cook according to instructions on box of shells.
3. Drain pasta and set aside in baking dish. Fill the same pot with 2 cups of water and bring to a boil.
4. Place the chopped cauliflower in the boiling water and cook until the florets are soft (about 4 minutes). Drain cauliflower.
5. Place the cooked cauliflower, ½ cup milk, garlic, and salt in a blender and blend on high until mixture is smooth.
6. Set a saucepan on medium-low heat and heat the pasta sauce.
7. In a separate pot, heat oil on medium heat. Add the flour and whisk until the mixture is smooth. Add 1 cup of milk and cook the mixture until it bubbles and thickens. Add the cheese, cauliflower mixture, thawed spinach block. Mix well.
8. Once the mixture is complete, remove from heat. Carefully stuff each shell with a spoon full of cauliflower mixture. Pour heated pasta sauce over stuffed shells and serve.