



Cauliflower & Mozzarella Stuffed Shells

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

Equipment:

Medium Bowl,
Large pot
Large casserole dish or serving plate
Blender or food processor
Small saucepan
Microwaves-safe bowl

Utensils:

Mixing spoon
Fork or whisk
Spoon
Knife
Measuring cups and spoons

Ingredients

1 package large pasta shells (about 24 shells)
8 cups water, divided
1 large head cauliflower, chopped
1 1/2 cups low-fat milk, divided
2 cloves garlic, minced OR 2 teaspoons garlic powder
1/4 teaspoon salt
1/4 cup olive oil OR vegetable oil
1/4 cup flour
1 cup mozzarella cheese, shredded
1 10 ounce frozen block of spinach, thawed and squeezed dry
1 24 ounce jar tomato sauce

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, 1/2 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.

Nutritional Information:

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