

Bite Spoon

Spinach 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 cheese
- [ ] 1 egg, lightly beaten
- [ ] 1 tablespoon olive oil

Sauce

- [ ] 2 cups canned crushed tomatoes
- [ ] 2 cloves garlic, minced
- [ ] 1/2 small onion, finely diced
- [ ] 1 teaspoon dried oregano
- [ ] 1/2 teaspoon red pepper flakes (optional)
- [ ] Salt and black pepper to taste
- [ ] Zest of 1 lemon

Instructions

1. Preheat oven to 375°F (190°C). Bring a large pot of salted water to a boil, add the shells and cook until just al-dente, about 6-7 minutes; drain and set aside.
2. In a skillet over medium heat, warm olive oil, then sauté garlic and onion until translucent. Add crushed tomatoes, oregano, red pepper flakes, and lemon zest; simmer 10 minutes, stirring occasionally.
3. While sauce simmers, combine spinach, ricotta, Parmesan, and the beaten egg in a bowl. Season with a pinch of salt and pepper, then gently fold until the spinach wilts slightly.
4. Stuff each shell with a generous spoonful of the ricotta-spinach mixture and arrange them seam-side up in a baking dish. Pour the tomato sauce over the top, ensuring every shell is covered.
5. Cover the dish with foil and bake for 20 minutes. Remove foil, sprinkle a little extra Parmesan, and bake another 5-7 minutes until bubbly and lightly golden.
6. Allow the dish to rest for five minutes before serving. Garnish with fresh basil or a drizzle of olive oil if desired.

Nutrition per serving

420 kcal	22 g	48 g	16 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier sauce, increase the red pepper flakes or add a dash of hot sauce.
- For extra richness, stir a tablespoon of butter into the sauce just before serving.
- Leftover shells reheat well in a skillet with a splash of water to revive the sauce.