

Broccoli and Sausage Stuffed Shells



Makes five servings. With turkey sausage, each serving has 330 calories, 13 g fat, 23 g protein, 30 g carbohydrate, 2 g fiber and 530 mg sodium.



Bake Time: 20 minutes

DIRECTIONS:



Cook sausage in a large skillet.



Stir together cooked sausage, ricotta, mozzarella, broccoli and salt and pepper to taste.



Pour marinara in the bottom of an oven-proof baking dish.



Stuff cooked pasta shells with sausage and cheese mixture.



Arrange stuffed pasta shells in the baking dish.



Bake at 350 F for about 20 minutes until warm.

INGREDIENTS:

- 15 jumbo pasta shells
- 1 pound Italian sausage (turkey or pork)
- 1½ cups part-skim ricotta cheese
- 1 cup part-skim mozzarella cheese, shredded
- ½ head of broccoli, florets separated
- Salt and pepper (to taste)
- 1 cup marinara sauce (or other tomato-based pasta sauce), lower sodium
- Additional mozzarella, if desired