

Helergon Kitchen

Spinach and Ricotta Stuffed Shells – Easy Veggie 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
- [ ] 4 cups fresh spinach, roughly chopped
- [ ] 1½ cups ricotta cheese
- [ ] ½ cup grated Parmesan cheese
- [ ] 1 cup shredded mozzarella cheese
- [ ] 2 cloves garlic, minced
- [ ] 1 cup marinara sauce
- [ ] Zest of 1 lemon
- [ ] ¼ tsp freshly grated nutmeg
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Preheat the oven to 375°F (190°C). Bring a large pot of salted water to a boil, add the shells, and cook until al dente, about 8-9 minutes; drain and set aside.
2. In a skillet over medium heat, sauté the garlic briefly, then add the spinach and cook until just wilted, about 2 minutes. Remove from heat and let cool slightly.
3. In a mixing bowl, combine ricotta, Parmesan, lemon zest, nutmeg, and the sautéed spinach. Season with salt and pepper; stir until smooth.
4. Stuff each shell with a generous spoonful of the ricotta-spinach mixture and arrange them in a greased baking dish. Pour marinara sauce over the top, then sprinkle mozzarella evenly.
5. Bake for 20-25 minutes, until the cheese is bubbly and lightly golden. Let rest for 5 minutes before serving.

Nutrition per serving

420 kcal	20 g	45 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce seems thick, thin it with a splash of pasta cooking water before baking.
- A pinch of red pepper flakes in the sauce adds a gentle warmth without overwhelming the delicate filling.
- For extra freshness, garnish with a few torn basil leaves just before serving.