

## Mushroom-Spinach Stuffed Shells

Portions: 120

Ingredients:

Amount	Item
5 teaspoons	Kosher Salt
480	Jumbo Pasta Shells
2.5 cups	Extra-Virgin Olive Oil
5	Large Onions (Size of a Small Grapefruit), finely chopped
40	Garlic Cloves, minced
240 oz	White Button Mushrooms, thinly sliced
200 oz	Spinach
30 cups	Ricotta Cheese
20 cups	Mozzarella Cheese
7 cups	Grated Parmesan Cheese
20	Large Eggs, lightly beaten
5 cups	Fresh Basil, chopped

Method:

### *Make the Stuffed Shells*

1. Bring a large pot of salted water to a boil
2. Add the pasta shells and cook until slightly softened but still firm, about 7 minutes
3. Drain and rinse under cold water
4. Drizzle with olive oil and toss; set aside

### *Make the Shell Stuffing*

1. Heat the olive oil in a large nonstick skillet over medium-high heat.
2. Add the onion and cook, stirring occasionally until soft, about 3 minutes
3. Add the garlic and cook, stirring, 30 seconds
4. Add the mushrooms and cook, undisturbed until golden in spots, about 2 minutes

Loma Linda University  
Allied Health  
Nutrition & Dietetics

5. Add salt and continue cooking, stirring occasionally until the mushrooms are soft, about 5 more minutes (may add or reduce salt as needed)
6. Add the spinach and stir until heated through, about 2 minutes. Let cool completely.
7. Finely chop the spinach-mushroom mixture
8. Combine the mixture in a bowl with the cottage cheese, mozzarella, parmesan, egg, basil and 5 teaspoons of salt.
9. Stuff each shell with about 2 tablespoons of the filling.
10. Set aside.

*Bake the Pasta Shells*

1. Preheat the oven to 350 degrees F.
2. In a baking dish arrange the stuffed pasta shells in single file
3. Bake 30 minutes or until cheese is bubbly.
4. Serve with cauliflower alfredo sauce