

Pumpkin Ricotta Stuffed Shells

4

Ingredients:

1/4 cup + 1 Tablespoon **low-fat ricotta cheese**

3 Tablespoons **pumpkin puree**

2 Tablespoons grated **parmesan cheese**

1 pinch **garlic powder**

1 + 1/2 teaspoons **dried basil**

1 pinch ground **sage**

1 pinch each **salt** and **pepper**

1/4 cup **pasta sauce**

3 **jumbo pasta shells**, parboiled

Makes: 3 filled shells per team for a total of 12 shells in the baking dish

Directions:

1. Preheat oven to 400 degrees F.
2. Measure the ricotta cheese, pumpkin puree, parmesan cheese (keep 1 teaspoon of cheese separate for topping) and spices into a bowl. Mix well.
3. Spread the pasta sauce in the bottom of one 8" x 8" baking dish (class will use only one baking dish).
4. Fill each shell with 3 Tablespoons of the pumpkin mixture, and place the shells close together on the sauce in the baking dish.
5. Cover the dish with foil and bake for 20 minutes. Pull the dish out of the oven, stand back as you carefully remove the foil, and sprinkle the shells with the remaining cheese. Bake for 7 minutes more.
6. Remove the dish from the oven and turn the oven off. Let the shells sit for a few minutes before serving.

