

SPINACH, ARTICHOKE, AND FETA STUFFED SHELLS

Recipe adapted from Cooking Light

INGREDIENTS:

for the sauce -

- 1 (28 oz) can of chopped tomatoes, some of the juice drained
- 1 cup tomato sauce (8 oz can or left over)
- a big pinch of red pepper flakes, or more for a spicier sauce
- 1 t dried oregano
- 2 garlic cloves

for the shells -

- 1 cup shredded provolone or mozzarella, divided
- 1 cup crumbled feta cheese
- 1/2 cup low fat cream cheese
- salt and pepper
- 2 cloves of garlic
- 1 16 oz bag of frozen spinach, thawed and drained
- 1 12 oz bag of frozen artichoke hearts, thawed and chopped
- 20 cooked jumbo shells

DIRECTIONS:

- 1.** Preheat oven to 375 degrees F. Spray a 9 x 13 baking dish with cooking spray. Cook shells in salted boiling water for 10 minutes.
 - 2.** Meanwhile, Combine can of chopped tomatoes, tomato sauce, red pepper flakes, oregano, and two pressed cloves of garlic in a medium sauce pan. Place over a medium heat; cook 12 minutes or until slightly thick, stirring occasionally. Remove from heat and set aside.
 - 3.** Combine 1/2 cup shredded mozzarella, feta cheese, cream cheese, salt and pepper to taste, 2 pressed cloves of garlic, spinach and chopped artichoke hearts in a large bowl. Scoop about 2 tablespoons into each cooked shell and place in the prepared pan. (I used my cookie scoop to fill the shells. Two scoops fit perfectly!)
- Spoon tomato mixture over the shells and sprinkle with remaining 1/2 cup mozzarella.*
- 4.** Bake at 375 degrees F for 25 minutes or until cheese is melty and sauce is bubbling.

* Or you can put the sauce under the shells like I did here. Over works better in cooking the veggies a bit more. Both way are good though!

