



FRESH FOOD WEEKLY

A nutrition-based intervention program

🕒 1 hour, 15 minutes

🍴 6 servings

THREE CHEESE STUFFED SHELL PASTA

GARLIC

1. Caramelize Garlic

Caramelize garlic by wrapping tinfoil around sliced cloves smothered in oil and seasoned with salt, and cooking in oven at 350°F for 30 mins. Once soft like butter, remove cloves from husks and mash with fork in a ramekin. Set aside.



SHELL MIXTURE

- 1 large egg
- 1 cup ricotta cheese
- 1 cup of goat cheese
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/4 cup chopped basil
- 1/2 cup chopped parsley
- 2 cups shredded mozzarella
- 1 chicken breast, cubed
- 1/2 a bulb of garlic
- 1/4 cup of corn (opt.)
- 1/4 cup of onion (opt.)
- 1/4 cup of zucchini (opt.)
- 1/4 cup of mushroom (opt.)



SAUCE

- 1 small onion
- 1/2 a bulb of garlic
- 1/2 tsp pepper
- 3/4 tsp dried oregano
- 1 large sprig basil
- 1 large sprig rosemary
- 28oz tomatoes
- 24 jumbo shells
- 16oz roasted red peppers



CHICKEN

2. Cube Chicken

Cut the chicken into cubes and add to saucepan and partially cook, keeping some raw pink areas on the chicken.



3. Cook Chicken

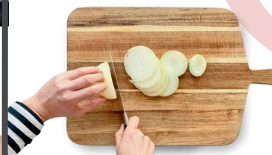
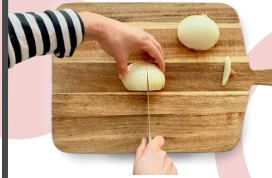
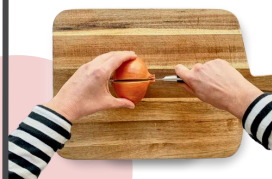
Remove from heat and drain any access fat in a strainer. Then put chicken in the fridge to cool down. cook until mostly cooked, about six mins.



VEGETABLES

4. Chop Veggies

Chop one onion, and chosen optional vegetables.



Heat olive oil in a large non-stick saucepan. Add chopped onion and cook partially on medium low heat. Add zucchini and mushroom if using, and cook for one more minute being careful not to burn. Remove from saucepan and put in the fridge to cool down.



THE SAUCE

5. Chop More Veggies

Cut onions and tomatoes and add to saucepan, along with all their seeds and juices. Add roasted red peppers, and 1/3 of the garlic, and seasonings.



6. Boil Veggies

Bring to a gentle boil. Reduce the heat to low and simmer, uncovered for 20 minutes.

Remove from heat. Use ladle to scoop into food processor and blend until pureed. Set aside.



THE SHELLS

7. Cook Shells

Boil the shell noodles to al dente, rinse in cool water.



Immediately separate noodles from each other with your hands and place them on a tray. Set aside.



CHEESE MIXTURE

8. Make Cheese Filling

To a large bowl, add ricotta cheese, goat cheese, egg, basil, parsley, salt, and the remaining caramelized garlic.



Use an electric mixer to blend together until smooth.



Once the partially cooked chicken and vegetables, have cooled, add to the cheese mixture, including corn, and mix with a spatula.



9. Stuff Shells

Spoon tomato sauce mixture on the bottom of a 9x13 inch baking dish, enough for a thin layer to cover the bottom by about half an inch.



Gently sprinkle shredded mozzarella over the entire dish, making sure to evenly spread the cheese around.



Drizzle remaining sauce over the stuffed shells and cover with foil and bake for 25 minutes. Then uncover and bake for an additional 10 minutes until cheese is golden brown.

Stuff each pasta shell with cheese mixture and place on top of sauce in baking dish.

