

Stuffed Shells Florentine with Pasta Sauce

Publix Aprons

Servings: 6

olive oil cooking spray
1 tablespoon extra-virgin olive oil
1/2 cup fresh onions, diced
2 tablespoons garlic, minced
1 pound mild Italian chicken (or pork) sausage
18 (6 ounces) jumbo pasta shells
1 jar (24 ounce) tomato & basil pesto sauce, divided
2 tablespoons fresh Italian parsley, coarsely chopped
3 cups baby spinach
1 cup mozzarella/Provolone cheese, shredded
aluminum foil

Preheat the oven to 425 degrees.

Coat a two-quart baking dish with cooking spray.

Bring water to a boil for the pasta.

Preheat a large saute' pan on medium-high for 2 to 3 minutes. Place oil in the pan. Add the onions and garlic. Remove the sausage casing. Cut the sausage in half lengthwise. Turn the sausage over and peel the casing away. Add the sausage to the onions (wash hands). Brown for 5 to 6 minutes until no pink remains, stirring to crumble the sausage.

Cook the pasta shells following the package instructions.

Stir one-half of the pasta sauce into the sausage. Cook and stir for 2 to 3 minutes or until thoroughly heated. Chop the parsley. Remove the pan from the heat. Stir in the parsley and spinach.

Drain the shells. Spoon the sausage mixture into each shell and arrange in the baking dish. Pour the remaining half of the pasta sauce over the shells. Sprinkle with cheese. Cover the dish with foil.

Bake for 10 minutes or until the cheese melts and the sauce bubbles around the edges.

Serve.

Start to Finish Time: 40 minutes

Per Serving (excluding unknown items): 1917 Calories; 10g Fat (4.8% calories from fat); 65g Protein; 382g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 36mg Sodium. Exchanges: 25 1/2 Grain(Starch); 0 Vegetable; 1/2 Fat.

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	1917	Vitamin B6 (mg):	trace
% Calories from Fat:	4.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	81.3%	Thiamin B1 (mg):	5.1mg
% Calories from Protein:	13.9%	Riboflavin B2 (mg):	1.9mg
Total Fat (g):	10g	Folacin (mcg):	1179mcg
Saturated Fat (g):	1g	Niacin (mg):	38mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value*	0.0%
Carbohydrate (g):	382g	Food Exchanges	
Dietary Fiber (g):	12g	Grain (Starch):	25 1/2
Protein (g):	65g	Lean Meat:	0
Sodium (mg):	36mg	Vegetable:	0
Potassium (mg):	838mg	Fruit:	0
Calcium (mg):	97mg	Non-Fat Milk:	0
Iron (mg):	19mg	Fat:	1/2
Zinc (mg):	6mg	Other Carbohydrates:	0
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	0IU		
Vitamin A (r.e.):	0RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	1917	Calories from Fat: 91
% Daily Values*		
Total Fat	10g	15%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	36mg	2%
Total Carbohydrates	382g	127%
Dietary Fiber	12g	49%
Protein	65g	
Vitamin A		0%
Vitamin C		1%
Calcium		10%
Iron		107%

* Percent Daily Values are based on a 2000 calorie diet.