

- » 1/2 (6-oz) can tomato paste
- » 2 (14 1/2-oz) cans, stewed tomatoes, Italian style, sliced
- » 2 tbsp white cooking wine
- » 1/2 cup low-fat sour cream
- » 1/4 cup nonfat plain yogurt
- » 1 tbsp flour
- » 1/2 tsp salt, divided
- » 1/4 tsp paprika
- » 1/4 tsp pepper
- » Nonstick vegetable cooking spray
- » 1 tsp olive oil
- » 1/2 cup onion, chopped
- » 2 cloves garlic, minced
- » 1 (10-oz) package frozen chopped spinach, cooked according to directions and well drained
- » 1 egg, beaten
- » 1 1/2 cups low-fat cottage cheese
- » 1 1/2 cups (6 oz) shredded part-skim mozzarella cheese, divided
- » 16 jumbo macaroni shells, cooked according to package directions and drained

## Nutritional Content

Per Serving

Calories	471 cal	Cholesterol	87mg
Protein	35g	Sodium	1788mg
Carbohydrate	42g	Calories from Fat	26%
Fat	14g	Fiber	8g
Saturated Fat	7g		

Preheat oven to 350 F. In a medium bowl, mix tomato paste, Italian-style stewed tomatoes, cooking wine, sour cream, nonfat yogurt, flour, 1/4 tsp salt, paprika, and pepper. Set aside. In a large skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add olive oil, onion, and garlic. Sauté for 2 to 3 minutes until tender. Stir in tomato mixture and cook 3 to 4 minutes, stirring continually until mixture thickens slightly. Turn off heat. Remove skillet and set aside. In a medium bowl, combine well-drained spinach, egg, 1/4 tsp salt, low-fat cottage cheese, and 1/2 cup shredded mozzarella cheese. Mix well. Spread 1/2 cup of tomato mixture on the bottom of a 9" x 13" baking dish. Spoon cottage cheese mixture into cooked shells. Arrange shells, open side up, in the dish and top with remaining tomato mixture. Spread 1 cup shredded mozzarella cheese over shells, cover, and bake for 35 minutes. Serves 4.

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