

- » 1 tbsp tomato paste
- » 1/2 (14 1/2-oz) can, stewed tomatoes, Italian style, sliced
- » 1/2 tbsp white cooking wine
- » 2 tbsp low-fat sour cream
- » 1 tbsp nonfat plain yogurt
- » 1 tsp flour
- » Pinch salt, divided
- » Pinch paprika
- » Pinch pepper
- » Nonstick vegetable cooking spray
- » 2 tbsp onion, chopped
- » 1 clove garlic, minced
- » 1/4 (10-oz) package frozen chopped spinach, cooked according to directions and well drained
- » 1/3 cup low-fat cottage cheese
- » 1/3 cup (6 oz) shredded part-skim mozzarella cheese, divided
- » 4 jumbo macaroni shells, cooked according to package directions and drained

Nutritional Content

Per Serving

Calories	435 cal	Cholesterol	34mg
Protein	32g	Sodium	1691mg
Carbohydrate	42g	Calories from Fat	23%
Fat	11g	Fiber	8g
Saturated Fat	6g		

Preheat oven to 350 F. In a bowl, mix tomato paste, Italian-style stewed tomatoes, cooking wine, sour cream, non-fat yogurt, flour, salt, paprika, and pepper. Set aside. In a skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add 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 bowl, combine well-drained spinach, low-fat cottage cheese, and 1 tbsp shredded mozzarella cheese. Mix well. Spread 1 tbsp of tomato mixture on the bottom of a baking dish. Spoon cottage cheese mixture into cooked shells. Arrange shells, open side up, in the dish and top with remaining tomato mixture. Spread remaining shredded mozzarella cheese over shells, cover, and bake for 30 minutes. Serves 1.

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