

Autumn Delight: Butternut Squash Ricotta Stuffed Shells

1 cup roasted butternut squash, mashed



OVEN
350°F

TIME
20-25 min

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INGREDIENTS

- 12 jumbo pasta shells
- 1 cup ricotta cheese
- 1 cup roasted butternut squash, mashed
- 1/2 cup grated Parmesan cheese
- 1 cup marinara sauce

Instructions:

Step 1: Prepare the Shells:

Step 2: Mix the Filling:

Step 3: Stuff and Bake:

Nutritional Information:

Calories: 320 per serving

Protein: 20g

Fat: 12g

Saturated Fat: 6g

Cholesterol: 30mg

Carbohydrates: 30g

Fiber: 4g

Sugar: 6g

Sodium: 350mg

Helpful Cooking Tips:

Use fresh, high-quality ingredients for the best flavor.

Roasting the butternut squash brings out its natural sweetness, so be sure not to skip this step.

Experiment with different marinara sauces to find

your favorite.

Conclusion:

DIRECTIONS

1. Step 1: Prepare the Shells: Preheat the oven to 350°F (175°C). Cook the pasta shells according to the package directions. Drain and set them aside.
2. Step 2: Mix the Filling: In a bowl, combine the ricotta cheese, mashed butternut squash, and Parmesan cheese. Mix well until smooth.
3. Step 3: Stuff and Bake: Stuff each shell with the ricotta-squash mixture and place them in a baking dish. Top with marinara sauce and bake for 20-25 minutes, or until heated through.
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13. Helpful Cooking Tips: Use fresh, high-quality ingredients for the best flavor.
14. Roasting the butternut squash brings out its natural sweetness, so be sure not to skip this step.
15. Experiment with different marinara sauces to find your favorite.
16. Conclusion: The Butternut Squash Ricotta Stuffed Shells are a delicious and comforting vegetarian option perfect for the fall season. With its creamy filling and tender pasta, it's sure to become a new favorite. So, how did your stuffed shells turn out?

Share your thoughts and follow us for more seasonal recipes! Credit: I WUV COOKING

More recipes: ChefManiac.com

Original recipe: <https://chefmaniac.com/autumn-delight-butternut-squash-ricotta-stuffed-shells/>