



# No-Boil Garden Stuffed Shells

**PREP TIME: 15 MINUTES | COOK TIME: 1 HOUR | SERVES: 4-6**

An extra easy, very veggie, baked pasta dinner! The sauce is made while it bakes, and the shells (or manicotti) are filled without having to preboil them.

## Ingredients

2 cans (14.5 oz. each) diced tomatoes, not drained	1 1/2 cups part-skim ricotta cheese
1 can (15 oz.) tomato sauce	2/3 cups sliced green onion, divided
1 tsp. garlic powder	1/2 cup grated parmesan cheese
1 tsp. dried oregano	1 egg, lightly beaten
1 tsp. onion salt	1/2 tsp. black pepper
1/2 tsp. red pepper flakes	24 uncooked jumbo pasta shells or 14 uncooked manicotti tubes
2 cans (14.5 oz. each) peas and carrots, well drained (see Note below)	1 1/2 cups shredded mozzarella cheese (about 6 oz.)

## Instructions

1. Heat oven to 400°F. In a 13x9-inch baking dish, combine diced tomatoes, tomato sauce, 1/2 cup water, garlic, oregano, onion salt and red pepper flakes; set aside.
2. In a medium bowl, add peas and carrots, ricotta, 1/3 cup green onions, parmesan, egg, and black pepper; stir gently to combine. Transfer mixture to a gallon-size zip top bag; set aside.
3. If using shells, select 24 pasta shells that are wider open than others (these will be easier to fill).
4. Snip off one corner of the bag with filling. Holding each shell, pipe in filling (about 2 Tbsp.) and place open-side-up in sauce. If preparing manicotti, place one (1) finger at end of each tube while piping filling into other end.
5. Cover dish tightly with foil and bake 50 minutes. Remove foil; sprinkle with mozzarella and remaining green onion. Bake 10 to 15 minutes until cheese is melted. Let rest 10 minutes before serving.

**NOTE:** May use 1 can sliced carrots and 1 can peas, well drained instead of a peas and carrots blend. Prepare as recipe directs, except mash carrots with a fork or potato masher before combining with peas and other filling ingredients in Step 2.