

SQUASH STUFFED SHELLS

INGREDIENTS

1 small butternut squash

2 tablespoons olive oil

Salt and pepper to taste → *Do not use pepper if you have ulcer or pain*

2 large onions minced

1/2 cup maple syrup

3/4 cup ricotta cheese

1 cup grated parmesan cheese

1 1/2 cups minced baby spinach

16 giant pasta shells

375 ml (1 1/2 cups) roasted garlic Alfredo sauce → *Add more sauce if needed*

PREPARATION

1. Preheat oven to 180°C (350°F).
2. Cut the squash in half. Remove seeds and filaments.
3. Place the squash halves on a baking sheet lined with parchment paper. Sprinkle with oil, salt, and pepper (*if tolerated*).
4. Bake for 40 minutes or until tender. Peel the squash and cut into cubes.
5. In a bowl, mix the squash cubes with the oil. Salt and pepper.
6. Place the squash on a baking sheet lined with parchment paper. Bake for 25 to 30 minutes, until tender.
7. Meanwhile, mix the onions with the maple syrup in a saucepan. Salt and pepper. Cook for 15 to 18 minutes over low-medium heat, stirring occasionally, until the onions are caramelized.
8. In the container of the food processor, purée the squash with the ricotta and half the Parmesan. Add baby spinach and pulse.
9. In a pot of salted boiling water, cook the pasta al dente. Drain.
10. Fill the shells with the squash preparation and caramelized onions.
11. In a 33 cm x 23 cm (13 in. x 9 in.) baking dish, spread the Alfredo sauce. Place the shells side by side in the dish. Garnish with the rest of the Parmesan.
12. Bake at 190 °C (375 °F) for 20 to 25 minutes.

Inspired by: www.recettesjecuisine.com

apainintheback.org

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