

broccoli-and-cheese stuffed shells

Unlike in a traditional casserole, the shells in this slow cooker dish don't need to be precooked, saving you extra time, effort and pots to clean up!

Active 20 minutes

Total 2 hours 50 minutes

Serves 4

- 1 cup small-curd cottage cheese
- ¼ cup grated Romano cheese or Parmesan
- 2 teaspoons finely grated lemon zest
- 4 ounces part-skim mozzarella, coarsely grated (about 1¼ cups)
- 1 10-ounce package frozen broccoli, thawed, squeezed of excess moisture and chopped
- 1 cup baby spinach, roughly chopped
- ¼ cup fresh flat-leaf parsley, chopped
- 3 cups marinara sauce
- 16 large shells, uncooked
- Green salad, for serving

- ① In a large bowl, combine the cottage cheese, Romano, lemon zest and ½ cup of the mozzarella. Fold in the broccoli, spinach and parsley.
- ② In a 5- to 6-quart slow cooker, combine 2 cups of the marinara and ½ cup water. Fill the shells with the cottage cheese mixture (about 3 tablespoons per shell), using the side of the spoon to push and pack in the filling. Place the filled shells in the slow cooker, then spoon the remaining cup sauce on top. Sprinkle with the remaining ¾ cup mozzarella and cook, covered, on low, until the shells are tender, 2 to 2½ hours.
- ③ Spoon the shells onto plates and serve with a green salad if desired.