

Primetime Pasta Shells

What You'll Need

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| jumbo pasta shells
(12-ounce box), cooked | 1/2 cup grated Parmesan cheese |
| 1 pound boneless, skinless
chicken breast, cooked
and diced | 1 egg |
| 2 cups fat-free ricotta cheese | 2 teaspoons dried basil |
| 2 10-ounce packages frozen
chopped spinach, thawed
and drained | 3 cloves garlic, minced |
| | salt and pepper to taste |
| | 3 cups pasta sauce |
| | additional pasta sauce as desired |

Serves 8

Let's Cook!

- 1 Preheat oven to 350 degrees.
- 2 Mix chicken, drained spinach, ricotta cheese, Parmesan cheese, egg, basil and garlic together in a large mixing bowl. Season with salt and pepper.
- 3 Pour 1/2 cup of pasta sauce in a 9x13 baking dish. Spread over bottom of dish.
- 4 Fill each pasta shell with the spinach and chicken mixture. Place shells in baking dish.
- 5 Pour remaining pasta sauce over the shells.
- 6 Cover baking dish with aluminum foil and bake 30 minutes.

Nutrition Facts

Serving Size (325g)	
Servings Per Container 8	
Amount Per Serving	
Calories 370	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 770mg	32%
Total Carbohydrate 50g	17%
Dietary Fiber 3g	12%
Sugars 8g	
Protein 32g	
Vitamin A 150%	Vitamin C 15%
Calcium 30%	Iron 25%



Calcium

Calcium is a mineral in your body that helps build strong bones and teeth. There is more calcium in your body than any other mineral. Your body gets calcium from the food you eat, and it is important to get enough of it in your diet. Foods high in calcium include dairy products like milk, cheese and yogurt, and vegetables such as leafy greens and broccoli.

Look at the table below to find some good sources of calcium. How much calcium your body needs depends on your age and other factors. Depending on your age, boys and girls need between 500 and 1,300 mg of calcium each day.

Visit <http://www.nichd.nih.gov/milk/milk.cfm> to find out your specific calcium needs.

Food	Serving Size	Calories	Calcium
Plain yogurt, fat-free	1 cup	137	488 mg
Calcium-fortified orange juice	1 cup (8 ounces)	110	351 mg
Fruit yogurt, fat-free	1 cup	233	372 mg
Milk	1 cup (8 ounces)	100-130*	200-300 mg*
soy with added calcium			
whole		150	276 mg
reduced fat (2%)		125	314 mg
low-fat (1%)		118	350 mg
fat-free (skim)		90	306 mg
Cheese	2 ounces (about 3 slices)	113	431 mg
American, low-fat or fat-free			
cheddar, low-fat or fat-free	1/2 cup	98	234 mg
Tofu, firm with added calcium	1/2 cup	183	861 mg
Spinach, cooked from frozen	1/2 cup	32	145 mg
Broccoli			
raw	1 medium stalk	51	71 mg
cooked	1 cup	54	62 mg
Almonds	1 ounce (22 nuts)	169	75 mg

* Amount of calories and calcium varies by type.