Dinner Tonight!

Beefy Stuffed Pasta

1 lb. cooked hamburger meat
16 uncooked jumbo pasta shells
1 tablespoon olive or vegetable oil
1/2 cup frozen bell pepper and onion stir-fry vegetables
2 cloves garlic, finely chopped
1 small zucchini, diced
1 can (2 1/4 oz) sliced ripe olives, drained
1 jar (14 to 15 oz) tomato pasta sauce
1/2 cup ricotta cheese
1 egg
1/4 cup grated Parmesan cheese
1 cup shredded Italian cheese blend or mozzarella cheese (4 oz.)

Heat oven to 350°F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray. Cook and drain pasta shells as directed on package. Meanwhile, in 10-inch skillet, heat oil over medium heat until hot. Cook stir-fry vegetables, hamburger meat and garlic in oil 2 to 3 minutes, stirring occasionally, until crisp-tender. Add zucchini; cook 4 minutes, stirring occasionally. Stir in olives and 1/4 cup of the pasta sauce. Cook until hot, stirring frequently. Remove from heat. In medium bowl, mix ricotta cheese, egg, Parmesan cheese and 1/2 cup of the shredded cheese blend. Stir in zucchini mixture until well mixed. Fill each cooked pasta shell with about 2 tablespoons zucchini mixture. Place in baking dish. Pour remaining pasta sauce over shells. Cover with foil; bake 30 minutes. Sprinkle with remaining 1/2 cup shredded cheese. Bake uncovered 5 to 10 minutes longer or until bubbly and cheese is melted.

Serves: 4

Nutrition facts per serving:
Calories: 350
Total Fat: 14 g
Sodium: 678 mg
Total Carbohydrate: 37.8 g
Protein: 23 g