

Four Cheese Stuffed Shells

1 1/2 cups 1% lowfat cottage cheese (fat free if Core)
1 cup lowfat ricotta cheese
1/2 cup crumbled blue cheese
2 Tbsp chopped fresh parsley
1 large egg, beaten
2 tsp olive oil
1 cup chopped onion
1 garlic clove, minced
14 1/2 oz. can stewed tomatoes, undrained and chopped
1 Tbsp dried Italian seasoning
1/4 tsp. salt
16 uncooked jumbo pasta shells
2 Tbsp finely shredded fresh Parmesan cheese

Combine first 5 ingredients in a bowl; stir well and set aside. Coat a sauce pan with cooking spray and place over medium high heat until hot. Add onion and garlic; saute until tender. Stir in tomatoes, italian seasoning and salt. Bring to a boil. reduce heat and simmer, uncovered 15 minutes stirring occasionally. Remove from heat and set aside. Preheat oven to 375. Cook pasta shells according to package directions. Drain well. Spoon cheese mixture evenly into shells. Arrange shells in 11x7" baking dish coated with cooking spray. Pour tomato mixture over shells. Cover and bake at 375 for 25 minutes. Uncover and sprinkle with Parmesan cheese. Bake uncovered an additional 5 minutes. Let stand 5 minutes before serving.

4 shells=4 Points or 6 points plus