



GEORGE  
CHIALA'S  
RECIPE  
OF  
THE MONTH  
COLLECTION

JULY 2015  
Recipe 73



(photo by Marc-Henri)

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## Garlicky Stuffed Shells with Turkey, Spinach & Mushrooms

### PREPARATION

- 1 - Preheat oven to 350 degrees F.
- 2 - Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8-10 minutes or until al dente. Drain and set aside in warm water.
- 3 - In a large skillet saute mushrooms, garlic and onions. Add ground turkey and cook until evenly brown. Season with salt and pepper. Remove from heat, and stir in spinach, parsley, cottage cheese and Parmesan cheese.
- 4 - Stuff the cooked shells with the mixture, and place in a 9x13 inch baking dish. Cover with spaghetti sauce, and sprinkle tops with mozzarella cheese.
- 5 - Cover with foil, and bake in preheated oven for 30-45 minutes.

### INGREDIENTS

- 1 (12 ounce) package jumbo pasta shells
- 8 ounces cremini mushrooms, diced
- 3 cloves garlic, minced
- 1 onion, chopped
- 1 pound ground turkey
- sea salt and pepper to taste
- 1 (10 ounce) package frozen chopped spinach, thawed and drained
- 2 tablespoons chopped fresh parsley
- 2 cups cottage cheese
- 1 cup freshly grated Parmesan cheese
- 1 (32 ounce) jar spaghetti sauce
- 1 (8 ounce) package mozzarella cheese, shredded

### COOK'S NOTE:

Reminiscent of cannelloni, this savory comfort food recipe is as versatile as it is delicious.

Bon Appetit!  
-George