



Vegetable Ribbon Pasta Shells

READY IN



90 min.

SERVINGS



6

CALORIES



407 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup chickpeas canned rinsed drained (garbanzos)
- ☐ 2 medium carrots
- ☐ 1 cup cooking wine dry red
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 large garlic cloves minced
- ☐ 6 oz shell pasta
- ☐ 6 servings tomatoes
- ☐ 1 tablespoon marjoram leaves fresh chopped

- ☐ 2 tablespoons marjoram leaves fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion chopped
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 8 ounces part-skim mozzarella cheese shredded
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup tomato paste plain with garlic)
- ☐ 2 pounds tomatoes ripe coarsely chopped
- ☐ 0.8 pound zucchini

Equipment

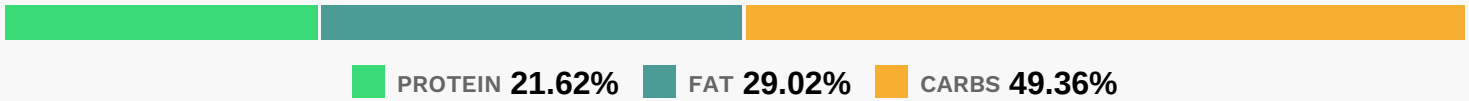
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ mandoline
- ☐ spatula
- ☐ peeler

Directions

- ☐ Make sauce: In a 5- to 6-qt. pan over medium-high heat, cook onion and garlic in oil, stirring often, until golden, about 5 minutes. Stir in remaining sauce ingredients and bring to a boil. Reduce heat and simmer, stirring occasionally, until thick, 25 to 30 minutes. Measure sauce; you'll need 4 1/2 cups. To reduce, simmer longer; to increase, just add water. Pulse sauce in a food processor into a coarse pure.
- ☐ Meanwhile, preheat oven to 475 and prepare shells and filling: Cook pasta according to package directions until tender.
- ☐ Drain and rinse under cold running water until cool enough to handle.

- ☐ Using a mandoline or vegetable peeler, slice zucchini and carrots very thinly lengthwise. In a large bowl, toss vegetables with marjoram, mozzarella, chickpeas, and pepper.
- ☐ Spread marinara sauce in a 9- by 13-in. baking dish. Generously fill each pasta shell with a scant 1/2 cup vegetable mixture, mounding filling, and set pasta filled-side up in sauce. Cover tightly with foil.
- ☐ Bake shells until mozzarella melts, 12 to 15 minutes. Uncover, sprinkle with parmesan, and bake until parmesan begins to brown, 10 to 12 minutes more. With a wide spatula, transfer shells and some sauce to plates.
- ☐ Serve with remaining sauce.
- ☐ Make ahead: Complete dish through step 4, then chill up to 1 day. Preheat oven to 450 and heat shells, covered, until filling is hot (about 30 minutes). Continue as directed in step

Nutrition Facts



Properties

Glycemic Index:82.53, Glycemic Load:15.22, Inflammation Score:-10, Nutrition Score:29.076521842376%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg

Nutrients (% of daily need)

Calories: 407.45kcal (20.37%), Fat: 12.64g (19.44%), Saturated Fat: 5.74g (35.88%), Carbohydrates: 48.37g (16.12%), Net Carbohydrates: 40.6g (14.77%), Sugar: 14.04g (15.6%), Cholesterol: 31.44mg (10.48%), Sodium: 1345.88mg (58.52%), Alcohol: 4.2g (100%), Alcohol %: 1.01% (100%), Protein: 21.19g (42.37%), Vitamin A: 5845.44IU (116.91%), Vitamin C: 46.17mg (55.97%), Manganese: 1.03mg (51.58%), Calcium: 446.23mg (44.62%), Phosphorus: 418.44mg (41.84%), Vitamin K: 43.45µg (41.38%), Selenium: 28.52µg (40.74%), Potassium: 1236.14mg (35.32%), Vitamin B6: 0.62mg (31.23%), Fiber: 7.76g (31.06%), Vitamin E: 3.73mg (24.89%), Copper: 0.46mg (23.11%), Magnesium: 89.55mg (22.39%), Vitamin B2: 0.36mg (21.32%), Zinc: 2.88mg (19.2%), Folate: 73.84µg (18.46%), Iron: 3.18mg

(17.64%), Vitamin B3: 3.52mg (17.58%), Vitamin B1: 0.19mg (12.39%), Vitamin B5: 1mg (9.97%), Vitamin B12: 0.42µg (7.04%), Vitamin D: 0.16µg (1.03%)