

STUFFED VEGETABLE CHEESE SHELLS

NONSTICK COOKING SPRAY
15 JUMBO PASTA SHELLS
15 OUNCES CHUNKY TOMATO SAUCE
1 CUP TOMATO SAUCE
1 TEASPOON OLIVE OIL
 $\frac{1}{2}$ CUP SHREDDED CARROTS
 $\frac{1}{2}$ CUP SHREDDED SQUASH
2 OUNCES OF SLICED MUSHROOMS
 $\frac{1}{4}$ CUP GREEN ONION SLICED
1 CLOVE GARLIC, FINELY CHOPPED
2 CUPS NONFAT RICOTTA CHEESE
 $\frac{1}{4}$ CUP PARMESAN CHEESE
2 EGG WHITES
2 TEASPOONS DRIED BASIL
 $\frac{1}{2}$ CUP REDUCED FAT MOZZARELLA CHEESE

HEAT OVEN TO 350 DEGREES. SPRAY AN 11X 7 BAKING DISH WITH COOKING SPRAY. COOK AND DRAIN PASTA SHELLS ACCORDING TO PACKAGE DIRECTIONS; SET ASIDE. MIX TWO TOMATO SAUCES. SPOON HALF OF THE TOMATO SAUCE INTO THE BAKING DISH. HEAT OLIVE OIL IN A SKILLET OVER MEDIUM HEAT. COOK CARROTS, SQUASH MUSHROOMS, GREEN ONION AND GARLIC IN OIL, STIRRING FREQUENTLY UNTIL VEGETABLES ARE CRISP TENDER. STIR IN REMAINING INGREDIENTS, EXCEPT TOMATO SAUCE. FILL SHELLS WITH VEGETABLE/CHEESE MIXTURE AND PLACE INTO BAKING DISH. SPOON REMAINING TOMATO SAUCE OVER SHELLS. COVER AND BAKE 40-45 MINUTES OR UNTIL HOT AND BUBBLY.