

GROCERY LIST

SAVORY PUMPKIN AND GOAT CHEESE STUFFED SHELLS

Makes 4 servings | deeedoes.com

WHAT TO BUY

- ☐ 12 Jumbo Pasta Shells, cooked and drained
- ☐ 1.5 cups Pumpkin Puree
- ☐ 1 cup Part Skim Ricotta Cheese
- ☐ 1/2 cup Crumbled Goat Cheese
- ☐ 1/4 cup Grated Parmesan Cheese
- ☐ 1 tsp each Garlic Powder and Dried Sage
- ☐ 1.5 cups Fat Free Half and Half
- ☐ 1/2 cup Vegetable Broth
- ☐ Salt / Pepper to taste
- ☐ Fresh or Dried Parsley, for garnish