

Devin Alexander

www.devinaalexander.com



Photo: Theresa Raffetto

Better Than Classic Stuffed Shells

From “The Most Decadent Diet Ever!”

Over the years, I’ve heard so many people say that fat-free ricotta cheese doesn’t taste good. Although I agree that many dishes made with it do not, this is definitely not one of them. In fact, this is one of the dishes I serve to friends who claim they would never eat lower-fat food, because it fools them every time. When the fat-free ricotta is combined with the other ingredients, you’d never ever guess that this was made with lower-fat anything. It’s the perfect dish for entertaining—and I know. I’ve served it time and time again.

You may notice as you flip through this book that I rarely use fat-free products. I almost always choose low-fat or light. So trust me, if I thought the fat-free didn’t taste out of this world in this recipe (I use Precious or Sorrento brands), I would have picked light here, too.

- 12 dried jumbo pasta shells
- 1 cup fat-free ricotta cheese
- 4 ounces (about 1-1/4 cups) finely shredded low-fat mozzarella (2-1/2 grams of fat or less per ounce)
- 3 tablespoons grated reduced-fat Parmesan, divided
- 1 large egg white
- 1-1/2 teaspoons finely chopped fresh parsley
- 1/4 teaspoon garlic powder
- Salt and pepper
- 2 cups Mostly Mom’s Marinara Sauce (page 101) or other low-fat, low-sodium marinara sauce

Preheat the oven to 350°F.

Cook the pasta according to package directions, cooking it only al dente. Drain and reserve.

Place a sheet of wax paper large enough to hold 12 filled shells on a flat work surface.

Mix the ricotta, mozzarella, 2 tablespoons Parmesan, egg white, parsley, and garlic powder in a medium bowl. Season with salt and pepper to taste.

Place the cooked shells, open side up, on the wax paper. Spoon the ricotta mixture evenly among them, about 2 heaping tablespoons in each.

Devin Alexander

www.devinalexander.com



Photo: Theresa Raffetto

Mostly Mom's Marinara Sauce

From "The Most Decadent Diet Ever!"

Most people have their family-favorite marinara sauce—the one you grew up with. In my house, I had my grandmother Nan's sauce that we ate at holidays and when she visited. And then I had my mother's, which I also very much looked forward to.

This version is very similar to my mom's and evokes happy childhood memories for me. If your family recipe happens to be very low in fat (many marinara's are not, contrary to popular belief), use that as a substitute for this one. But if it has a significant amount of olive oil or other fat, you'll want to make sure to use this one or a low-fat, relatively low-sodium one.

Do note, however, that all canned tomatoes contain different amounts of sugar and salt, depending which brand you buy and even the time of year the tomatoes are packed. Thus you may need to alter the added salt and sugar content each time you make this recipe to make it suit your taste. Just be sure to add as little as possible—you certainly don't want to over do it.

- 1 teaspoon extra virgin olive oil
- 1-1/2 cups finely chopped yellow onion
- 2 tablespoons minced garlic
- 2 (28 ounce) cans crushed tomatoes
- 1 tablespoon dried oregano
- 2 teaspoons sugar + extra if desired
- 1/2 teaspoon crushed red pepper flakes
- 1/2 teaspoon salt, or to taste

Place a large nonstick sauce pan over medium heat. Add the olive oil, onion, and garlic. Cook, stirring occasionally until tender, but not brown, about 7-10 minutes. Add the crushed tomatoes, oregano, sugar, pepper flakes, and 1/2 teaspoon salt. Stir them until well combined. Turn the heat to low and cover the pot. Cook the sauce for at least 1 hour, stirring occasionally. Season with additional salt, if needed.

Makes about 6-1/2 to 7 cups. Each (1/2 cup)

serving has: 55 calories, 2 g protein, 12 g carbohydrates, <1 g fat, trace saturated fat, 0 mg cholesterol, 3 g fiber, 252 mg sodium

Recipe taken from Devin Alexander's THE MOST DECADENT DIET EVER!
Copyright © 2008 by Devin Alexander published by Broadway Books, a division of Random House Inc. www.devinalexander.com

Devin Alexander

www.devinalexander.com



Photo: Theresa Raffetto

Better Than Classic Stuffed Shells

From "The Most Decadent Diet Ever!"

Evenly spread about 1/2 cup marinara sauce in a 10-inch round or an 11 X 7-inch ovenproof glass baking dish, or a casserole dish large enough to hold the stuffed shells in a single layer. Lay the stuffed shells side by side, open side up, in the dish. Spoon the remaining marinara sauce over the top. Then sprinkle the remaining Parmesan evenly over the marinara sauce. Cover with foil and bake for 20 to 25 minutes. Let stand for 5 minutes before serving.

MAKES 12 SHELLS; 4 SEVINGS OR 6 OR 12 PORTIONS

Each 1-Decadent-Disk portion (1 shell) has: 99 calories, 7 g protein, 14 g carbohydrates, 2 g fat, trace saturated fat, 9 mg cholesterol, 2 g fiber, 205 mg sodium
 Each 2-Decadent-Disk portion (2 shells) has: 197 calories, 13 g protein, 29 g carbohydrates, 3 g fat, <1 g saturated fat, 17 mg cholesterol, 3 g fiber, 410 mg sodium
 Each 3-Decadent-Disk serving (3 shells) has: 296 calories, 20 g protein, 43 g carbohydrates, 5 g fat, 1 g saturated fat, 26 mg cholesterol, 5 g fiber, 615 mg sodium