

Creamy Seafood Stuffed Shells

Yields: 4 servings	Prep Time: 30 minutes	Cook Time: 35 minutes	Total Time: 1 hour 5 minutes

Ingredients:

- 16 jumbo pasta shells
- 8 oz cooked shrimp, peeled, deveined, and chopped
- 4 oz lump crab meat
- 8 oz ricotta cheese
- 4 oz cream cheese, softened
- ½ c grated parmesan cheese
- 1 egg, lightly beaten
- 2 tbsp chopped fresh parsley
- 2 tbsp chopped chives or green onions
- 1 clove garlic, minced
- ½ tsp salt
- ¼ tsp black pepper

Sauce:

- ½ tsp crushed red pepper flakes
- 2 tbsp unsalted butter
- 2 tbsp all-purpose flour
- 1 ½ c whole milk
- ½ c heavy cream
- ½ c grated parmesan cheese
- 1 tsp lemon zest
- 2 tbsp fresh lemon juice
- ¼ tsp ground nutmeg
- Salt and pepper to taste

Topping:

- ½ c shredded mozzarella cheese
- 2 tbsp grated parmesan cheese



Instructions:

1. Preheat the oven to 350F. Lightly grease a 9X13-inch baking dish with cooking spray or butter.
2. Boil jumbo pasta shells in salted water until al dente according to package directions. Drain and rinse under cold water to stop cooking process. Set aside.
3. In a large bowl, combine shrimp, crab, ricotta, cream cheese, parmesan, egg, parsley, chives, garlic, salt, pepper, and red pepper flakes. Mix thoroughly until fully incorporated.
4. Melt butter in a saucepan over medium heat. Whisk flour and cook for 1 minute to form a roux. Gradually whisk in milk and heavy cream until smooth, eliminating any lumps.
5. Bring mixture to a gentle simmer, stirring frequently, until sauce thickens sufficiently to coat the back of a spoon, about 3-4 minutes. Stir in parmesan, lemon zest, lemon juice, nutmeg, salt, and pepper. Remove from heat.
6. Spread 1/3 of the white sauce evenly across the bottom of the prepared baking dish.
7. Fill each pasta shell with approximately 2 tbsp of the seafood mixture. Arrange stuffed shells in the dish, opening facing up.
8. Pour remaining sauce evenly over the stuffed shells. Sprinkle mozzarella and parmesan cheese across the top.
9. Cover baking dish with aluminum foil and bake for 25 minutes.
10. Remove foil and continue baking for an additional 10 minutes, or until cheese is bubbly and golden brown.
11. Allow dish to rest for 5 minutes before serving. Garnish with additional fresh parsley if desired.

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