



Tofu Ricotta Manicotti

INGREDIENTS

Cook the Pasta:

1 box manicotti pasta (8oz)

Prepare the Cashews:

2 cups raw cashews

4-6 cups warm water

Make the White Sauce:

1 cup onion, diced

2 cloves garlic, minced

2 tbsp olive oil (optional)

2 cups low-sodium vegetable stock

2 1/2 tbsp nutritional yeast

1 tbsp onion powder

Pinch of nutmeg

1 tsp sea salt (optional)

Make the Tofu Ricotta:

1 block firm tofu (12 oz), finely crumbled

2 tbsp tahini

2 1/2 tbsp nutritional yeast

2 1/2 tbsp shallot, minced

2 cloves garlic, minced

METHOD

1 Cook the Pasta. Cook the manicotti according to the package instructions. Drain and set aside.

2 Prepare the Cashews. Soak the raw cashews in warm water for 3-4 hours. Drain and discard the soaking liquid.

3 Make the White Sauce. Heat a pan over medium-low heat. Add the olive oil if using. Add the onion and cook for about 5-8 minutes, until translucent. Add the garlic and cook for another 1-2 minutes.

Transfer the cooked onion and garlic to a blender. Add the soaked cashews, vegetable stock, nutritional yeast, onion powder, nutmeg, and sea salt if using. Blend until smooth. Add more liquid if needed for a thinner consistency.

4 Make the Tofu Ricotta. In a bowl, combine the crumbled tofu, tahini, nutritional yeast, and minced shallot. Add the garlic, nutmeg, lemon zest if using, and lemon juice. Mix well.



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INGREDIENTS (continued)

1/4 tsp nutmeg
1/2 tsp lemon zest (optional)
1 tbsp lemon juice
1 tsp sea salt
1/2 tsp black pepper, freshly ground
3 cups baby spinach, steamed, chopped, and drained well

Assemble and Bake:

Tofu Ricotta (prepared)
1 jar marinara sauce
1/2 cup white sauce (see recipe)

METHOD (continued)

Add the sea salt and freshly ground black pepper. Fold in the chopped baby spinach and mix until evenly combined.

5 Assemble and Bake. Preheat the oven to 425°F (220°C).

Spread about 1/2 cup marinara sauce in the bottom of a baking dish. Fill each manicotti with the tofu ricotta and place in the dish seam side down. Cover with more marinara sauce and drizzle with the white sauce.

Cover the dish and bake for 20–30 minutes, until heated through. Let cool for a few minutes before serving.

TIPS & ADDITIONAL INFORMATION

Nutritional yeast is a flaky, savory seasoning with a mild cheesy flavor. You can find it in most grocery stores, usually in the baking or health food section.